

Basil Pesto

Serves: 4

From the Garden: basil, garlic

Ingredients:

1 cup well-packed basil leaves (no stems)

60g parmesan

1/4 cup pine nuts

2 cloves garlic

1/4 cup olive oil

(Optional: extra olive oil if preserving)

Equipment:

Basic toolbox, salad spinner, garlic crusher, parmesan grater, small frying pan, food processor

Method:

1. Gently pick off the basil leaves from the stems until you have a well-packed cup of leaves. Wash the basil leaves and place in salad spinner. Spin to remove excess water. Place the leaves in a single layer between two clean tea towels and leave to dry.
2. Weigh the parmesan and then grate, using the parmesan grater. Place in a food processor bowl and set aside.
3. Peel the garlic and crush using a garlic crusher. Place in a food processor bowl and set aside.
4. Measure the pine nuts and place into small frying pan. Place frying pan on stove burner and put on medium heat. Stirring continuously cook pine nuts until they are just starting to colour. ***Remove from heat*** and place in a food processor bowl and set aside.
5. Place the food processor bowl back onto the motor unit, (get an adult to help).
6. Place the dry basil leaves in the food processor bowl and put the lid on, (get an adult to help).
7. Measure out the olive oil. With the food processor motor running on low add the olive oil in a steady stream. You should end up with a pesto that is the same consistency as mayonnaise. You may have to use a spatula to scrape down the sides to make sure all the basil leaves are processed.
8. When the pesto is ready, scrape the pesto into a jar using the spatula. Leave a gap of 1 cm from the top of the jar. Add a topping of olive oil to seal the pesto.
9. This pesto will last for a month in the fridge as long as you keep it covered with olive oil. Pesto can be used as a pasta sauce, a dip, a sandwich spread or add a dollop to spice up soups and stews.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: "Kitchen Garden Cooking with kids" by Stephanie Alexander