

Basil Pesto

Season: Summer

Type: Big Dishes

Difficulty: Easy

Serves: 12 tastes in the classroom
or 4 serves at home

Fresh from the garden: basil, garlic

Recipe Source: *Kitchen Garden Cooking with Kids*,
Stephanie Alexander, (Penguin Lantern 2006)

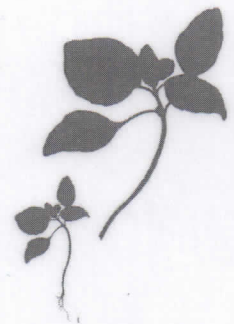
Pesto is a wonderful sauce and it keeps extremely well if packed into very clean glass jars with a film of olive oil on top to keep out any air. Cap the jars tightly and your pesto can be enjoyed for months. To save time in the classroom, we rolled and cut pasta dough that had been made by the previous class. You can serve pesto with fresh pasta, such as linguine, made using the Basic pasta recipe.

Equipment:

chopping board
small knife
clean tea towels
kitchen scales
grater
food processor
medium bowl
metric measuring spoons and cups
non-stick frying pan
garlic crusher
spatula
colander
small ladle
large serving bowl

Ingredients:

60 g Parmesan cheese
1/4 cup pine nuts
1 bunch basil (about 1 cup of well-packed leaves)
2 cloves garlic
1/4 cup olive oil
2 tablespoons extra virgin olive oil
salt, to taste



What to do:

- Set out the chopping board and knife. Dampen the tea towel and place it under the chopping board to prevent it from slipping.
- Weigh the Parmesan and grate it.
- Place half the Parmesan in the bowl of the food processor and set the other half aside in the medium bowl.
- Place 2 tablespoons of the pine nuts in the frying pan and dry-fry over a medium heat until golden. Set aside to use as garnish.
- Gently pull the basil leaves from their stems. Rinse the leaves and dry by rolling in a tea towel. Place the leaves in the bowl of the food processor and the stems in the compost bucket.
- Peel the garlic, crush in the garlic crusher and add to the food processor, along with the remaining pine nuts.
- Process the mix until you have a rough paste. With the motor running, slowly add the two types of oil. You should have a paste that is the same consistency as mayonnaise.
- Using the spatula, scrape the pesto into the serving bowl with the remainder of the Parmesan and stir to combine. Taste for salt.