

Basil Pesto

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 4 at home

Fresh from the garden: basil, garlic

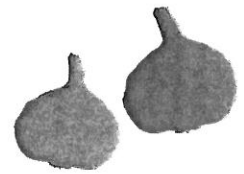
Aromatic, emerald pesto is great as a fresh pasta sauce or on pizzas. If you aren't serving your pesto immediately, keep it in sterile glass jars. A layer of olive oil on the top of the pesto will help to keep it fresh. Alternatively, pesto keeps well in the freezer.

Equipment:

metric measuring scales and cups
grater/fine grater
frying pan
food processor
spatula
serving bowl
sterile glass jars with lids*
(optional)

Ingredients:

1/2 cup pine nuts (or substitute pepitas or sunflower seeds or half a 400 g can of chickpeas, rinsed and drained)
4 garlic cloves, peeled and chopped
2 large handfuls of basil or 1 bunch
120 g parmesan, grated
3/4 cup olive oil
salt, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Dry-fry the pine nuts (or substitute as suggested in the ingredients list) in the frying pan over a medium heat until golden.
3. Add the garlic to the food processor along with the toasted pine nuts.
4. Process the mix until you have a rough paste.
5. Pluck the basil leaves and discard the stems. Add the leaves to the bowl of the food processor.
6. Place the parmesan in the bowl of the food processor. With the motor running, slowly add the olive oil.
7. Taste for salt and season if necessary.
8. Using the spatula, scrape the pesto into the serving bowl or jars.

* Adult supervision required. To sterilise jars and lids, wash them in hot soapy water, then rinse them in hot water. Place in a stockpot of boiling water for at least 10 minutes. Drain jars upside down on a clean tea towel and dry them thoroughly in a 150°C oven. Remove the jars from the oven and fill while still hot.

