



PESTO

Adapted from <https://www.rivercottage.net/recipes/pesto>

It's fragrant, tasty and very, very versatile. Pine nuts are traditional, but you can use any nuts as long as you grind them finely. You can even use ground almonds, which work really well. Alternatively, you can leave out the nuts altogether and make the pesto with lightly toasted breadcrumbs instead - in which case, it might need a little more oil. You can vary the herbs as well - parsley is particularly good.



SERVES:
3 ADULT PORTIONS OF
PASTA

PREP TIME:
20 MINUTES

INGREDIENTS:

- *50g pine nuts, almonds, walnuts or cashews, or ground almonds, or breadcrumbs*
- *50g bunch of basil, leaves only*
- *1 garlic clove, chopped*
- *35g finely grated parmesan or other mature hard cheese*
- *About 100ml extra virgin olive oil*
- *A good squeeze of lemon juice*
- *Freshly ground black pepper*

METHOD:

1. Put the nuts or breadcrumbs, or ground almonds, into a food processor, along with the basil, garlic and grated cheese. Blitz with a blender or mash with a potato masher to a paste, making sure all the nuts are ground finely.
2. Then, with the motor running, slowly pour in the oil until you have a thick, sloppy purée. I normally find 100ml oil is enough but you might want a little more.
3. Scrape the pesto out into a bowl or jar and season with a good squeeze of lemon juice and some black pepper. This will keep, covered, in the fridge for a few days.

Cook's tip

Apart from being a delicious sauce for pasta, a dollop of pesto is lovely stirred into soup, in sandwiches, as an addition to salads, and alongside plain-cooked fish.

Dairy free

Try making it without cheese – its still really tasty!

For babies

Make sure you process the nuts really finely, or try the ground almond option.

