



basil pesto

makes 2 cups

Pesto is great to have on hand and can be used in heaps of ways to make things taste great! Try it as a dip with raw vegetables, stirred through pasta, on pizza or in sandwiches and roll ups. Try it on your favourite barbecued meat or roast chicken!

INGREDIENTS

¼ cup pine nuts
1-2 cloves garlic, peeled and chopped
2 cups basil leaves, washed
1½ cups grated parmesan
1 cup olive oil
salt to taste

EQUIPMENT

food processor
garlic crusher
rubber spatula
grater
fry pan
wooden spoon
cutlery knife
measuring cups
bowls
chopping board

METHOD

1. With an adult to help you toast the pine nuts till golden in a frying pan over gentle heat. Stir frequently with a wooden spoon to prevent from burning. Set aside to cool.
2. Crush peeled garlic and place in bowl of food processor with basil, pine nuts, parmesan and a pinch of salt. Whiz to smooth consistency.
3. With the motor running, pour in the olive oil in a steady stream and process until the mixture is smooth. Taste and add more salt if necessary. Add a little more oil if a thinner consistency is required.
4. Using the rubber spatula scrape into screw-top jars. Store in the fridge for up to 3 days.

FROM THE MARKET

Parmesan cheese - Murray Valley
Olive oil - The Olive Lair
Basil - Salad Greens and Kitchen Herbs

HOW TO GROW basil

At this time of year basil is a must! Basil loves sunshine and thrives in the summer months. It will die off as the season cools down from autumn to winter. It's a good idea to grow a few crops every summer. The leaves are tastiest when its young and tender. As soon as it starts to flower get another crop started and make pesto with the old crop.

This means you get lots of lovely intense basil flavour from young vibrant plants. Pesto freezes well in small batches or ice-blocks.

Basil and tomatoes are the greatest combo! Skewer leaves on toothpicks with cherry tomatoes and bambini bocconcini or chunks of feta.