

Pesto

A pureed mixture which is made by crushing herbs, garlic, salt, cheese, olive oil, traditionally basil or other herbs such as cilantro, sage, parsley, arugula. I have even added sundried tomatoes to the herb mixture. Used as dressing for salads, sauce for pasta, spreads for sandwiches and as garnish for soup.

Recipe:

- 4 cups basil leaves
- 2 or 3 gloves garlic (chopped)
- ½ cup pine nuts (toasted and cooled)
- ½ to ¾ cup extra virgin olive oil
- ¾ cup cheese (grated romano or parmesan-reggiano)
- salt and freshly ground black pepper to taste

Preparation:

1. Place the pine nuts, garlic and basil leaves into blender or food processor and pulse several times.
2. While the food processor is running, slowly add the extra virgin olive oil in a steady stream. (Adding the olive oil slowly, while the processor is running, will help it emulsify and help keep the olive oil from separating. Occasionally stop to scrape down the sides of the food processor)
3. Add cheese and mix just to incorporate.
4. Add salt and freshly ground black pepper to taste.