



Pepita Pesto

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, garlic

Pepita pesto is a delicious, nut-free way of preserving an excess of fresh basil during summer and enjoying it out of season. It can be made from many different ingredients, e.g. blanched asparagus, broccoli, coriander or parsley. Pepita pesto is a wonderful sauce and it keeps very 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. Pesto can be served with fresh pasta.

EQUIPMENT:

metric measuring scales, cups and spoons
clean tea towel
grater or microplane
non-stick frying pan
spatula
food processor
serving bowl

INGREDIENTS:

2 large handfuls of basil
(about 2 cups well-packed leaves)
½ cup pepitas
4 garlic cloves, crushed
120 g parmesan, finely grated
½ cup extra-virgin olive oil
salt, to taste

WHAT TO DO:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Gently pull the basil leaves from their stems and place the leaves in the food processor.
3. Dry-fry the pepitas in a frying pan over a medium heat until golden brown.
4. Add the garlic to the food processor along with the toasted pepitas and parmesan.
5. Process the mix until you have a rough paste. With the motor running, slowly add the olive oil.
6. Taste and season with salt if necessary.
7. Using the spatula, scrape the pesto into the serving bowl.

