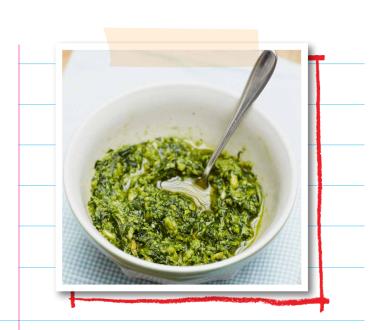


Basil pesto

Makes roughly 12 tablespoons



When making pesto it's really important to taste and adjust the flavour as you go - add an extra squeeze of lemon juice, a splash more oil or a pinch of seasoning until you've got it just right.

Ingredients

50g pine nuts
30g Parmesan cheese
100g fresh basil
½ a clove of garlic
sea salt and freshly ground black pepper
extra virgin olive oil
1 lemon



Measuring

spoons



Place a small frying pan over a medium heat.

dairy

Allergy

info

Carefully add the pine nuts and toast for 2 to 3 minutes, or until very lightly golden – keep them moving so they don't burn, then tip into a bowl and put to one side.

Use the finest side of a box grater to grate the Parmesan onto a chopping board, then transfer to a bowl and put to one side.

Pick and roughly tear the basil leaves,discarding the stalks.

5 Peel and roughly chop the garlic, then add it to a pestle and mortar with a tiny pinch of salt and the torn basil leaves.

6 Bash the mixture to a paste, then add the pine nuts and pound again, leaving a little bit of texture.

Scrape the mixture out into a bowl and add half the Parmesan.

Stir gently, then add roughly 3 to 4 tablespoons of extra virgin olive oil – you need just enough to bind the sauce and get it to an oozy consistency – then stir through the remaining Parmesan.

Gut the lemon in half.

O Add a squeeze of juice, using your fingers to catch any pips.

Have a taste and season with a pinch of pepper and a squeeze more lemon juice, if you think it needs it.

> For nutritional information, ask your teacher.



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Step by step 3



