

HEALTHY EATING @ home

Recipe brought to you by Paolo Vaspolli, Executive Chef, Food Services

Fresh Basil Pesto



Ingredients

- 4 cups (1 L) lightly packed fresh basil leaves
- ½ cup (125 mL) walnuts, lightly toasted
- 2 cloves garlic
- 1½ tsp (7 mL) coarse sea salt
- 1 cup (250 mL) freshly grated Parmigiano Reggiano
- 1 cup (250 mL) extra-virgin olive oil

Instructions

Traditionally, pesto is made with a Mortar and Pestle which results in the best pesto! If using, crush the garlic and salt in a mortar until garlic is mashed into a paste. Add basil leaves, crushing the leaves until they are incorporated into the paste. Slowly add the oil, nuts and cheese.

Alternatively, you can use a food processor if you prefer a smooth consistency. Just add the basil, walnuts, garlic and salt into a paste, then pulse in the Parmigiano and slowly drizzle in the olive oil.

If you choose to make pesto using a hand chopping method, put the basil, walnuts and garlic on a large chopping board, chopping everything with a knife until it comes together. At this point, transfer it into a jar. Add the Parmigiano and pour in the olive oil season with salt and fresh cracked black pepper. Seal the jar and shake well to mix it all the ingredients together. Taste and adjust the seasonings if needed.

If you're going to store pesto in the fridge for later use, top it with olive oil so that the pesto is completely covered and then seal the jar. Your pesto will keep for a couple of weeks in the fridge this way. You can also portion it into ice-cube trays and freeze.

Buon Appetito!!