

Pesto

See

Wikipedia - Pesto article¹ for background information on this traditional **Italian**² sauce.

Ingredients

- 450 g fresh basil leaves
- 100 ml Zaytoun **FAIRTRADE** olive oil
- 4 cloves garlic
- 200 g pine nuts
- to taste salt and **FAIRTRADE** freshly ground black pepper
- 100 g grated parmesan cheese

Method

Pre-preparation

Peel the cloves of garlic.

Wash the basil as necessary.

Grate the parmesan cheese.

Preparation

Mince the garlic in a food processor.

Add the basil leaves, and pine nuts. Mince again using the food processor.

Add a little salt and pepper.

With the mixer running drizzle in the oil.

Add the parmesan cheese and mix well. Check the seasoning and add more salt and pepper if necessary.

Adjust consistency by adding more oil if necessary.

To Serve

Serve with **Pumpkin Karakas**³.

Variations

For a more nutty flavour, toast the pine nuts in a non stick pan until starting to brown.

For a sharper flavour, use more garlic.

Pesto Sicilia

Add tomatoes and reduce the amount of basil.

Pistou (French)

Omit the Pine Kernels.

¹<http://en.wikipedia.org/wiki/Pesto>

²<http://www.fairtradecookbook.org.uk/countries/italy.htm>

³http://www.fairtradecookbook.org.uk/recipes/pumpkin_karakas.htm