



Pesto

This simple Italian salsa or condiment sauce is an absolute classic and a great pasta sauce. If you serve it with pasta, please watch our video on pasta with pesto to understand the process of emulsification.

Pesto with pasta alone is never a great dish, as it will become oil-drenched. In order to create an emulsifying sauce where the oil becomes creamy similar to mayonnaise, you will have to add some water to the dish when you toss it together.

You can make pesto with other herbs. I like to stretch it a little using rocket or parsley, as pure basil pesto can be overpowering as well as very expensive.

Estimated preparation Time: 5 minutes

Completion Time: 5 minutes

Skill level: easy

Serving size: 1 cup

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Equipment: Electric Blender

Ingredients – Pasta Dough

½ bunch of basil leaves

1 handful of rocket leaves or parsley leaves

2 tablespoons of pine nuts or almonds if you prefer

¼ garlic clove peeled

2 tablespoons grated Parmesan cheese

¼ cup olive oil

1 pinch of salt

1 pinch of pepper

1-2 handfuls of rocket salad

Method

1. Place the basil leaves into the blender.
2. Add the rocket leaves.
3. Add the pine nuts.
4. Add the garlic.
5. Add the parmesan cheese.
6. Add the olive oil.
7. Add the salt .
8. Add the pepper and blend together till all becomes a fine paste.

Chefs Tip: The pesto will last in the fridge for up to 2 weeks and freezes well.



Cont.

What can you serve with pesto pasta? You can garnish the dish with some toasted pine nuts or shavings of Parmesan cheese. You could add some cooked prawns or cooked chicken to the pan at the same time as pesto for something different. You can also top the pasta with prosciutto slices or smoked salmon.