



CREAMY PESTO AND SOUR CREAM SAUCE

Season:	Summer, autumn
From the garden:	Basil
Type:	Sauce
Difficulty:	Easy
Country of origin:	
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board and knife
- *food processor
- *measuring cup and spoons
- *bowl
- *grater
- *mixing spoon
- *frying pan

Ingredients

- *1 cup basil leaves
- * $\frac{1}{4}$ cup sunflower seeds (or nuts)
- *1 small clove garlic
- * $\frac{1}{4}$ grated cheese
- *2-3 tbsp olive oil
- *pinch of salt
- * $\frac{1}{2}$ cup of sour cream or plain yogurt
- *1 tbsp mayonnaise
- *1 tbsp mustard

Method:

1. roast the sunflower seeds seeds in a dry frying pan until golden brown
2. place the basil leaves, seeds, grated cheese, garlic and olive oil in a food processor to make the pesto
3. scrape the pesto into a bowl and add the sour cream, mayonnaise and mustard
4. season with a pinch of salt and mix
5. chill in the fridge till needed

Notes:

Skills: *measuring, chopping*