



BASIL PESTO

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

Equipment

- *chopping board and knife
- *grater
- *bowls
- *measuring cups and spoons
- *mixing spoon
- *food processor
- *spatula
- *frying pan

Ingredients

- *3 cups basil leaves
- * $\frac{1}{2}$ cup sunflower seeds
- *1 garlic clove
- * $\frac{1}{2}$ cup grated cheese
- *4-5 tbsp vegetable oil
- * $\frac{1}{2}$ tsp salt

Method

- 1. wash the basil and pick the leaves of the stalk**
- 2. roast seeds in a dry frying pan until lightly browned**
- 3. grate the cheese and peel the garlic**
- 4. place all the ingredients in the food processor and blizz until smooth**
- 5. if the pesto looks too dry, add a bit more oil. Taste and add more salt if necessary**

Notes: Enjoy as a dip with crackers or mix with cooked pasta

Skills: measuring, *mixing*, *grating*