

Easy Basil Pesto

Ingredients

approx. 200 ml/about $\frac{3}{4}$ cup

- approx. 50 g/1 $\frac{3}{4}$ oz basil or alternatively other leafy greens such as rocket (arugula) or wild garlic
- 80–100 ml/5–7 tbsp extra virgin olive oil (adjust the quantity until a viscous consistency is achieved)
- salt to taste



And This Is How It Works

- Pluck the basil leaves from the stalks and place in a blender or moulinette.
- Puree and gradually add the olive oil until you have a thick, homogeneous mixture.
- Season to taste with salt.
- Fill boiling hot, rinsed, well-dried jars with the pesto.
- Cover the surface with a little olive oil, seal the jars and place in the freezer.
- The pesto will keep for at least 2 years if frozen.

Thai Basil Pesto



Ingredients

approx. 250 ml/ about 1 cup

- 60 g/2.1 oz fresh Thai basil (alternatively a herb of your choice)
- 70 g/2.5 oz unsalted, roasted cashew nuts
- 2 cloves of garlic
- 120 ml/½ cup extra virgin olive oil
- 1 tsp soy sauce
- 2 tsp yeast flakes
- salt and chilli flakes to taste

Preparation

- Wash the Thai basil leaves and shake dry.
- Place the basil, cashew nuts, garlic, olive oil, soy sauce and yeast flakes in a blender or food processor.
- Puree everything until you have a smooth paste. If necessary, add a little more oil or nuts to achieve the desired consistency.
- Season to taste with salt and chili flakes.
- Use immediately or pour into a clean, sealable jar and store in the fridge.

Simple Rocket Pesto

Ingredients

approx. 250 ml/ about 1 cup

- 50 g/1.8 oz walnuts or sunflower seeds (preferably roasted for more flavor)
- 100 g/3.5 oz fresh rocket (arugula)
- 2 cloves of garlic (or to taste)
- 1 tbsp yeast flakes
- 100 ml/½ cup + 1 tbsp extra virgin olive oil
- ½ tsp pepper
- salt to taste



And This Is How It Works

- Lightly toast the walnuts or sunflower seeds in a pan without fat, if desired, and leave to cool.
- Wash the rocket and shake dry well.
- Place the rocket, nuts/seeds, garlic, yeast flakes, olive oil, pepper and salt in a blender or food processor.
- Blend everything to a smooth paste.
- If necessary, add a little more oil or nuts until the desired consistency is achieved.
- Use immediately or pour into a clean jar and store in the fridge.