Classic Pesto Sauce

Chef Kathryn and the South Huntington Library

Makes 1 cup

**Ingredients:**

2 medium-large garlic cloves

1 teaspoon coarse sea salt,

4 cups fresh basil leaves (from about 2-3 bunches)

½ cup extra-virgin olive oil

1/3 cup pine nuts

½ cup grated Parmesan cheese

2 Tablespoons Pecorino Romano

Optional: ¼ cup Italian flat-leaf parsley leaves

**Procedure:**

1. Wash basil well, break off leaves from the stem. Dry on paper towels. (Can be slightly damp)
2. In a medium to large food processor put in garlic first then salt, basil leaves.

olive oil and pulse until basil breaks down to a green paste, stopping once to push down the basil

1. Add both cheeses and pine nuts, pulse again until smooth. (If not smooth enough you can add 2 Tablespoons of olive oil

**Chef’s Notes:**

My preferred course sea salt is a brand called “Real Salt”, an Ancient Kosher Sea salt.

If your family does not like a lot of garlic use medium size cloves.

Pesto freezes well, if storing in glass fill ½ inch away from top, and top with a small amount of olive oil. Pesto can also be made ahead and can stay in refrig. for 2 weeks.

Other nuts as walnuts, almonds or cashews work well here. I sometimes combine two nuts, as pine nuts and cashews

Can also use a Ninja or blender, pesto will have a smooth consistency, not rustic.

Recipe by Chef Kathryn Bari-Petritis, 2021, [Kathryn@thehealthchef.com](mailto:Kathryn@thehealthchef.com)

Visit me at: [www.thehealthchef.com](http://www.thehealthchef.com), Author of, Health Transforming Foods, Their Stories and Recipes, sold on Amazon.