

# FRESH BASIL & PISTACHIO NUT PESTO

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## 1. PICTURE RECIPES – Category (Month 2015)

### Equipment and Tool needed:



*Food blender (processor) | Citrus juicer | Cheese grater | Skillet (sauteeing pan) | Spatula (plastic) and a storage container*

### Ingredients needed:



*Basil leaves (fresh – best from your own garden or patio) | Olive Oil Extra Virgin and Pure | Parmesan cheese whole (Reggiano or Grana Padano) | Lemon | Pistachio nuts shelled, unsalted | Salt, Rock (Himalayan), Salt, sea salt (Maldon) | Pepper black from the mill | Garlic cloves*



Preparation / Cooking:



*1. Wash fresh Basil leaves well and let dry.*



*2. Toast Pistachio nuts in a skillet (no fat or oil) till nicely toasted – this will enhance the flavor (richness) of the Pesto*



*3. Grate Parmesan cheese*



*4. Make Lemon juice (freshly squeezed – see link [here](#))*





5. *Add all ingredients into the food blender (except – lemon juice) | blend till smooth (if needed (required) add more Olive Oil (pure))*



6. *Add Lemon Juice and blend again (this will help to preserve the Pesto in order to keep longer in the refrigerator)*



7. *Pour into a container for storage (cover) and keep in fridge – ensure that the Pesto is covered by Olive Oil in order to extend shelf life.*

*Serving Suggestions:*

- Toss your favourite Pasta with this delicious and rich Pesto, add some more Olive Oil, Parmesan Cheese and garlic (to your liking)*
- Drizzle the Pesto on top of your Tomato – Mozzarella Salad*
- Serve as a dipping sauce (chips, Crackers etc...)*
- Serve as a sauce / condiment with grilled / sautéed fish fillets and red meat steaks / fillets*



