

Pesto Genovese Authentic Italian Basil Pesto

Ingredients

50 g (1,7 oz) of small basil leaves (about 60/65 leaves)

1/2 cup of extra virgin olive oil

70 g (2,4 oz) of Parmigiano Reggiano or Grana Padano (about 6 tablespoons)

30 g (1 oz) of Pecorino (about 2 tablespoons)

2 peeled garlic cloves

15 g (0,5 oz) of pine nuts (about 1 tablespoon)

4/5 grains of coarse salt

Ice

Method

Take the blades and the bowl of the food processor and put them into the refrigerator for about 10 minutes until the tools are very cold. Meantime, prepare basil leaves washing them with cold water. Finally, place them in a large bowl with plenty of ice for 3-4 minutes.

Now dry the leaves very well on a kitchen towel (important: the basil leaves must be very dry) and place them into the food processor (that now is pretty cold) with garlic, pine nuts and grated Parmigiano. If you will follow these tips you'll have a very green pesto sauce.

Chop the ingredients coarsely for a few seconds then add salt and Pecorino Fiore Sardo cheese cut into small pieces. Blend all the ingredients for about 1 minute. Now add extra virgin olive oil. Blend for about 5 minutes, until you'll get a creamy green pesto sauce. Pesto must not heat up, so be careful to work quickly, using the food processor at minimum speed and at intervals, that is, blend a few seconds, stop and start again.

Before seasoning your pasta dish, if the pesto is too thick, add 1 or 2 tablespoons of the cooking water; this way you'll have a warm homogeneous soft pesto sauce. You can even taste Genovese pesto spread on toasted bread, as an appetizer. Delicious!

