

# Pesto

- 1 cup of green herbs, washed and chopped – basil, cilantro, mint, carrot greens
- 3 tablespoons toasted pine nuts, or crumbled walnuts or pecans that have been soaked in hot water for an hour or so
- 1 clove of garlic, crushed
- 1/4 cup hard salty cheese, grated (eg parmesan, romano)
- 6 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt

If your herbs are naturally bitter (eg. carrot greens, or older/tougher herbs), boil some hot water and pour over your herbs for 2-3 minutes in hot water, then rinse the herbs in ice water.

Mince your herbs. Toast your nuts. Crush your garlic. Grate your cheese. Combine all ingredients together. Chill in the refrigerator, until ready to use.

Serves: ??

Preparation time: 15 minutes

– [Subscriptions \(1\)](#)

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