



# PESTOS OF OPPORTUNITY

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Pestos are a great way to use up those fresh ingredients you have on hand and provide a huge amount of flavor with just a small serving. What we know as pesto originated in Italy; A combination of basil, garlic and, pine nuts pounded with a mortar and pestle blended with cheeses and olive oil. Other cultures have created their own versions with ingredients on hand. The joy of pesto is that it is so versatile. Experiment with different herbs, spices and nuts for some great combinations of flavor. Pine nuts are typically expensive but there are great alternatives- almonds, pistachios, walnuts or even pumpkin seeds.

Don't worry about making too much pesto as it can be stored for use later. Fresh pesto lasts about 3 days (if you haven't eaten it) but large batches can be divided and frozen for later use. Freezing- Pesto can be poured into ice cube trays and frozen. Once solid remove and store in an airtight freezer bag. Fair warning- your ice cube tray won't taste the same again.

Some suggestions for using pesto- Pasta, pizza, over vegetables, eggs benedict, added to soups (frozen works well), corn on the cob, added to the cheese layer of lasagna, over fish or chicken, on crostini.

## **Basil Pesto**

3 Cups fresh basil

4 cloves garlic

$\frac{3}{4}$  cup parmesan

$\frac{1}{2}$  cup olive oil

$\frac{1}{4}$  pine nuts

Add all ingredients to food processor and pulse till desired consistency.

## **Garlic Scape Pesto**

9-10 scapes

$\frac{1}{2}$  cup almonds

$\frac{3}{4}$  cup extra virgin olive oil

$\frac{1}{4}$  cup parmesan cheese

Salt and Pepper

Remove flower tops of Scapes. Cut scapes into 2 inch pieces. Place Scapes, Almonds, Oil and Cheese into the bowl of your food processor. Pulse until desired consistency. Season to taste with salt and pepper.

## **Kale and Walnut Pesto**

1 medium bunch kale- ribs and stems removed

1 clove Garlic

$\frac{1}{4}$  cup parmesan Cheese

$\frac{1}{4}$  cup walnuts

$\frac{1}{2}$  cup extra virgin olive oil

1 tablespoon lemon juice

Blanching will help preserve the color of your kale. After quickly blanching the kale plunge it into an ice bath to stop the cooking process.

Drain thoroughly. Place kale, garlic, walnuts, olive oil and lemon juice into the bowl of your food processor. Pulse until desired consistency.

## **Snap Pea Pesto**

2 cups Snap Peas- strings removed

4 Basil Leaves

1 clove garlic

$\frac{1}{2}$  cup grated pecorino romano or parmesan

Begin by quickly blanching the peas and refreshing them in ice water. Drain and cut the peas in half. Place all of the ingredients into the food processor and pulse till smooth. For an alternative substitute mint for the basil.

### **Cilantro and Pepitas Pesto**

2 cups packed cilantro  
2/3 cup extra-virgin olive oil  
1/3 cup toasted pepitas (pumpkin seeds)  
1/3 cup finely grated parmesan  
2 tbsp. fresh lime juice  
1 clove garlic, finely chopped  
Kosher salt and freshly ground black pepper, to taste  
Place all ingredients into the bowl of your food processor. Pulse until desired consistency.

### **Thai Style Pesto**

1/2 cup peanuts- roasted and unsalted  
2 garlic cloves  
2 tablespoons fresh ginger  
2 hot peppers- green, deseeded  
1 small bunch cilantro  
1/3 cup mint  
1/3 cup basil  
2 tablespoons Thai Fish Sauce  
2 tablespoons lime juice  
1 tablespoon sugar- brown or palm  
Place all ingredients into a food processor and pulse till smooth

### **Chimichurri**

2 cups packed fresh Italian parsley leaves and/or cilantro (you can do one or both here for more flavor)  
4 medium garlic cloves, peeled and smashed  
1/4 cup packed fresh oregano leaves (or 4 teaspoons dried oregano)  
1/4 cup red wine vinegar  
1/2 teaspoon red pepper flakes  
1/2 teaspoon kosher salt  
Freshly ground black pepper  
1 cup extra-virgin olive oil

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Don't forget to join us on the Farm each week for **Sampling Saturdays**:

**July 5-** Tasty **Salads** of Summer

**July 19-** Cooking with **Fresh Herbs**

**July 26-** Quick **Pickles**

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### **Moroccan Chermoula Sauce**

1 cup cilantro leaves  
2 cups flat leaf parsley  
3 or 4 cloves garlic  
1/2 teaspoon salt  
2 teaspoons cumin  
1 teaspoon paprika- any variety  
1/4 teaspoon chili flakes  
Large pinch saffron  
1/3 cup Olive Oil  
1/4 cup fresh lemon juice  
Place all ingredients into a blend and pulse till smooth.

### **Dill Pesto**

1 1/2 cups packed fresh dill leaves  
1/2 cup packed fresh flat-leaf parsley  
2 tablespoons nuts  
2 cloves garlic- smashed  
3 tablespoons olive oil  
2 tablespoons parmesan cheese  
Place all ingredients into a food processor. Pulse till smooth.

### **Some Tips**

Some greens are better blanched. Kale, peas and spinach are all better quickly blanched. Blanching helps soften vegetables but also sets the color. Quick blanching works well for basil that is going to be frozen as it begins to oxidize and turn brown.

Raw nuts need to be gently toasted to release the flavors.

Letting pestos rest overnight allows flavors to mellow and develop. Garlic scape pesto is a good example of this.

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**Aug 2-** Fresh **Fruit** Desserts

**Aug 9-** Sweet **Corn** Recipes

**Aug 16-** Tomato Festival! 1pm to 4pm

**Aug 23-** Summer **Salsas**

**Aug 30** Terrific **Tailgating** Dishes

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