

Basil Pesto

Photos by Mark Coulson.

Equipment:



screw-top jar,
250mL capacity



metric measuring
cups



grater



2 small bowls



tea towel



chopping board



large knife



mortar and pestle

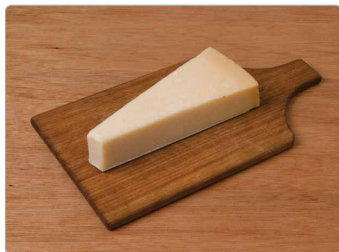


teaspoon

Ingredients:



1 bunch of basil leaves



60 g parmesan cheese



2 cloves garlic



¼ cup pine nuts



sea salt



½ cup extra virgin olive oil, plus extra to seal

What to do:



Wash and dry the jar and the lid very thoroughly.



Measure one cup of basil leaves by gently packing the leaves into a measuring cup.



Grate the parmesan cheese and put it aside in a small bowl.



Fold a damp, clean tea towel and place it under the chopping board (this keeps the board steady).



Place the garlic cloves on the chopping board and flatten them by pressing firmly under the flat side of a large knife. Hold the knife carefully, with the sharp side of the blade away from you.



Remove the skins from the garlic cloves.



Put the pine nuts, garlic and a pinch of salt in the mortar. Grind them with the pestle, making circles with the pestle rather than bashing up and down.



Add the basil leaves and continue to grind around and around.



Add the olive oil gradually to the mixture as you grind.



Stir in the parmesan cheese.



Spoon the pesto into the clean, dry screw-top jar. Using the back of the teaspoon, press and smooth down the pesto to ensure there are no air pockets.



Cover the pesto with a film of olive oil to keep the air out.

Use immediately or store in the refrigerator.

(Makes 1 cup.)



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Editor: Bev Laing

Designer: Aja Bongiorno Book Design

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Tools for Teachers is designed to provide educators with lesson plans, activities and ideas that draw deep and rich links between the experiences of cooking and nurturing a garden, and the Australian Curriculum.

About the Stephanie Alexander Kitchen Garden Program

The Stephanie Alexander Kitchen Garden Program was established in 2001, in order to teach children how to grow, harvest, prepare and share fresh, seasonal food. By 2012 over 30,000 children across 250 Australian primary schools will be experiencing this hands-on approach to food education.

By engaging children's curiosity, their energy and their tastebuds, the Kitchen Garden Program provides children with fun, memorable food experiences that form the basis of positive lifelong eating habits.

In the Program, students learn to build and maintain a garden, and to grow and harvest a wide variety of vegetables, fruits and herbs. In the kitchen, they prepare a range of delicious dishes from the seasonal produce they've grown. Experiences in the kitchen and garden classes support and extend learnings across subjects such as English, maths, science, history and languages. Students learn to calculate, measure, analyse and articulate their experiences in a real-life context as they engage with new cultures through enticing flavours.

To find out more about the Stephanie Alexander Kitchen Garden Foundation, including resources and recipes, please visit us online: kitchengardenfoundation.org.au

