



Pesto

A RECIPE BY EAT & WALK ITALY

Ingredients

- Basil leaves 25 g
- Extra virgin olive Oil 50 ml
- Parmigiano cheese for grating 35 g
- Pecorino cheese for grating 15 g
- Pine nuts 8 g
- ½ Garlic clove
- Salt 1 pinch

Preparing time 2 min

Serves 2

Directions

- Place the peeled garlic in a mortar with a few grains of salt and pound it.
- When the garlic is reduced to a cream, add the basil leaves together with a pinch of salt.
- Crush the basil against the walls of mortar, turning the pestle from left to right and rotating the mortar in the opposite direction (from right to left).
- Keep it up until the basil leaves will not come out a green shiny liquid.
- Add the pine nuts and start to pound for reducing cream. Then add slowly the cheeses, stirring continuously, to make it even more creamy.
- Add the extra virgin olive oil, stirring constantly with the pestle.
- Mix well the ingredients until you get a smooth sauce.