

# What's Cookin': Creating perfect pesto

Happy Birthday Dave Kentner! (Belatedly, as his actual birthday was yesterday).

Today's recipe for spinach pesto seems a little odd, as the measurements are very rough. The point that I'm trying to get across is that the making of pesto is not an exact measurement situation— it is about taste and consistency.

First of all, pesto can be made out of

## Spinach pesto

### Ingredients

- Enough washed baby spinach to fill the food processor
- 2-4 garlic cloves, peeled
- 1/2 cup freshly grated parmesan
- 1 cup almonds (sliced, slivered, whole, pieces— doesn't matter)
- olive oil to get proper consistency
- salt and pepper to taste



### Method

1. Fill food processor with spinach. Add garlic, parmesan and almonds.
2. Process until well ground.
3. With food processor running, drizzle olive oil through the feed tube until you have the consistency of pesto you like (might be super thick, might be quite runny – everyone is different). Stop the processor a couple of times to scrape down the sides.
4. Salt and pepper to taste.

Lori Gysel & Gerry Kentner



a variety of things— try spinach and almonds, cilantro and pistachios, basil and pine nuts, a combo of fresh herbs and a combo of nuts. Who knows, it may be the best one you've ever made.

Once you've got the pesto made, what are you going to do with it? Spread it on a sandwich, add a good blob of it to salad dressings, heat it up and drizzle over grilled vegetables, add a blob to homemade burgers or meatballs, toss it with fresh cooked pasta; there is no end of uses for it.

However, you really aren't going to enjoy it unless you use good quality ingredients. So, fresh herbs and greens only. Freshly grated parmesan— that means buy a chunk and grate it yourself. Do not buy the pre-grated stuff. Add fresh nuts (you should always keep leftover nuts in the freezer to prevent the natural oils in the nuts from becoming rancid) and good quality olive oil.

Have fun and keep cooking!

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