



In the Kitchen

with Barb Agee ~ July 2018

The Best o' Pesto

The uncooked sauce gets its name from the Italian word “pestare”, meaning to pound in a mortar and pestle. Today a blender or food processor is used to whip up pesto using everything from fresh peas to nasturtium leaves. Pesto is added to pasta dishes and soups, mixed in salad dressings and spread on vegetables, fish, meat and crostini.

Pistou Soup

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| 1 tablespoon olive oil | 2 small yellow summer squash, sliced |
| 1 yellow onion, chopped | 2 leeks (white part only), cut lengthwise and sliced |
| 2 large garlic cloves, finely chopped | 3 Roma tomatoes, chopped |
| 6 cups chicken broth | One 14 ounce can Great Northern beans, drained and rinsed |
| 2 medium red potatoes, cubed | ½ cup basil pesto + additional for serving |
| 2 carrots, peeled and diced | Parmesan cheese, freshly grated |
| 8 ounces fresh green beans | |

Cut green beans cut into 1-inch lengths.

In a large, heavy pot, heat oil and sauté the onion until it is translucent. Add the garlic and sauté 1 more minute. Add the broth, potatoes and carrots; simmer for 5 minutes. Add the green beans, squash and leeks; simmer for 8 to 10 minutes, or until all the vegetables are tender. Add the beans and tomatoes; heat through. Stir in the pesto. Ladle into bowls and pass the cheese and additional pesto.

Makes 8 to 10 servings

Basil Pesto

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| 2 cups packed fresh basil leaves | ¼ cup parmesan cheese, grated |
| 3 tablespoons pine nuts, pistachios, or walnuts | ⅓ cup extra-virgin olive oil |
| 2 large garlic cloves, smashed | |

In a blender or food processor, place the basil, nuts and garlic. Pulse until finely minced. Add the cheese and oil; process until well blended. Transfer to small bowl, cover and chill. *Makes about ¾ cup*

Dill Pesto

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| 2 large garlic cloves, smashed | ½ cup packed fresh flat-leaf parsley |
| 2 teaspoons extra-virgin olive oil + ⅓ cup | ¼ cup walnuts, pistachios or pine nuts |
| 1½ cups packed fresh dill leaves | ¼ cup Parmesan cheese, grated |

In a small sauté pan, heat 2 teaspoons oil over medium heat. Add the garlic cloves and sauté until tender, about 2 to 3 minutes. In a blender or food processor, place the dill, parsley, nuts and garlic and oil from the sauté pan. Pulse until finely minced. Add ⅓ cup oil and cheese; process until blended. Transfer to a small bowl, cover and chill. *Makes ¾ cup*

White Bean Salad

Two 14 ounce cans Great Northern beans, drained & rinsed
¼ cup extra virgin olive oil
2 tablespoons red wine vinegar
Kosher salt and freshly ground black pepper, to taste
4 cups butter lettuce, torn into bite-size pieces
1 tablespoon fresh lemon juice
2 teaspoons Dijon mustard

1 teaspoon honey
⅓ cup oregano pesto
⅓ cup sweet onion, finely chopped
½ cup celery, thinly sliced
1 cup grape tomatoes, cut in halves
Mixed greens
Basil leaves, for garnish (*optional*)

In a small bowl, whisk together the olive oil, vinegar, lemon juice, mustard, honey, salt and pepper. Place the beans in a medium bowl; stir in the dressing, cover and chill for at least 1 hour. When ready to serve, mix in the pesto, onion, celery and tomatoes. Serve on greens, garnish with basil leaves.

Makes 8 servings

Oregano Pesto

⅓ cup packed fresh oregano leaves
½ cup packed fresh flat-leave parsley leaves
¾ cup packed fresh spinach leaves, long stems removed
¼ cup walnuts

2 large garlic cloves, smashed
⅓ cup extra-virgin olive oil
⅓ cup Parmesan cheese, grated

In a blender or food processor, place the oregano, parsley, spinach, walnuts and garlic. Pulse until finely minced. Add the oil and cheese and process until blended. Transfer to a small bowl, cover and chill.

Makes ¾ cup

Turkey-Gruyère Toasted Cheese Sandwiches with Basil-Almond Pesto

4 thick slices of French bread
2 ounces deli-sliced turkey
1 ounce Gruyère cheese, thinly sliced
½ cup fresh spinach leaves

Small tomato, thinly sliced
2 tablespoons Castelvetrano olives, thinly sliced
⅓ cup Basil-Almond Pesto (*see recipe below*)
Butter

Spread pesto on one side of all four slices of bread. Layer 2 slices of bread with spinach, tomato slices, olive slices, turkey and cheese. Cover the 2 layered slices of bread with the other 2 slices. Carefully butter both sides of each sandwich. Heat a non-stick skillet over medium-high. Brown both sides of sandwiches until toasted and cheese melts.

Basil-Almond Pesto

1 cup fresh basil leaves
½ cup fresh parsley leaves
¼ cup olive oil

2 tablespoons almonds, toasted
1 garlic clove
Zest and juice from 1 small lemon

Puree all ingredients in a food processor until smooth. Keeps up to 1 week chilled or up to a month frozen.



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