

NOT JUST VEGETABLES

WILD GARLIC PESTO

Serves 4.

Time 30 minutes

Ingredients

- 100g/roughly translates to 2 large handfuls of Wild Garlic leaves
- 50g of either pine nuts/hazelnut's/cashew nuts/ or walnuts
- 50g grated parmesan
- 200ml Olive oil
- 2 tbsp lemon juice
- Optional 1 clove garlic

Method

- 1 Wash the leaves, blanch for 10 secs in boiling water, refresh in cold.
- 2 In a food processor, blitz the wild garlic, nuts, clove of garlic, if using, olive oil and lemon juice.
If a processor isn't available, just roughly chop all the ingredients and mix with olive oil and lemon juice.
- 3 Transfer to a bowl and mix in grated parmesan
- 4 Season to taste. If keeping for any length of time, fill small sterilised jars, top with a little olive oil and seal.
- 5 Use with pasta or drop onto a roasted veg salad or add to a jacket potato.

Notes

Wild Garlic is seasonal and found in the months of March to June.

Only pick the leaves, leave the bulbs behind, to provide further foraging the following year.

You can use which ever nuts you favour, all give a slightly different flavour.

Parmesan is superior, rather than Grana Padano, as this tends to be a little salty for my taste.

Olive oil, any will do, but the better the oil the better the taste.

Try adding flavoured oils to add variation.