FOOD & COOKING WITH CHEF ROSS

Pesto Sauce



Preparation: 10–15 minutes | Serves: 2 people

What you need

Ingredients



- ¼ cup pine nuts, walnuts, cashews or almonds
- 1 garlic clove
- 2 cups fresh basil, coriander, or parsley (parsley stalks included)
- ½ cup extra virgin olive oil
- 1 teaspoon lemon juice
- Salt & pepper to taste

Optional serving suggestion

- Grated parmesan cheese

Equipment



- Food processor
- Small frying pan
- Measuring cups and spoons
- Spatula
- Clean container with lid

Let’s make it



1. Toast and cool the nuts

Put nuts in a dry frying pan over medium-low heat.
Toast for 3–5 minutes, stirring often.
Leave to cool.

Pesto Sauce



2. Pulse nuts and garlic

Put nuts into a food processor and blend briefly until roughly chopped.
Add garlic and blend briefly again.
Switch off before opening processor.



3. Add herbs

Wash and dry chosen basil, coriander or parsley.
Parsley stalks may be used.
Add herbs to processor.
Put lid on and blend briefly to chop.



4. Blend with oil and lemon

Add a little olive oil and blend with lid on.
Add lemon juice, salt and pepper.
Add remaining oil a little at a time.
Blend to desired texture.



5. Put away safely

Switch off and unplug processor.
Use spatula to transfer pesto to a clean container.
Put lid on and refrigerate immediately.

Serving and storage

- Serve with pasta, wraps or roasted vegetables.
- Add grated parmesan when serving, not into pesto for storage.
- Keep covered at 5°C or colder, use within 3 days or freeze promptly.
- Do not store at room temperature.
- A layer of oil on top does not make homemade pesto shelf-stable.
- Without parmesan, recipe is vegan.
- Tree nuts present.
- Parmesan adds milk and may use animal rennet.
- Gluten-free conditional on packaging and cross-contact.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.