



## Pesto Sauce

### Ingredients:

- 2 cups fresh basil leaves, tightly packed
- ½ cup extra virgin olive oil
- 3 tbsp. sunflower seeds
- 2 garlic cloves, chopped fine before putting in the processor
- Salt, to taste
- ⅓ cup parmesan cheese, freshly grated
- 2 tbsp. pecorino romano cheese, grated

### Directions:

1. Briefly soak and wash the basil in cold water, and gently pat it thoroughly dry with paper towels.
2. Put the basil, olive oil, pine nuts, chopped garlic, and an ample pinch of salt in the food processor, and process to a uniform, creamy consistency.
3. Transfer to a bowl, and mix in the two grated cheeses by hand. Mixing in the cheese by hand created a much better texture!

### Tips:

-When spooning the pesto over pasta, dilute it slightly with a tablespoon or two of the hot water in which the pasta was cooked.

### Freezing pesto:

-Make the sauce through to the end of Step 2, cover with a layer of olive oil and freeze it without cheese. Add the cheese after it is thawed. Sometimes we also add a couple of tablespoons of soft butter into the pesto to make it very creamy.