



CAVOLO NERO PESTO

Season: all year round
From the garden: garlic, cavolo nero
Type: entree
Difficulty: easy
Serves: 4-6 adults as a side dish/ 24 tastes
Recipe source: *Laura Scant, www.saveur.com based on River Café Cook Book recipe*

Equipment:

- Chopping boards x 4
- Large kitchen knife x 4
- Measuring jug
- Food processor
- spatula
- Colander
- Large saucepan with lid
- grater
- Serving and eating plates and cutlery

Ingredients:

- Large bunch of cavolo nero – at least one kg
 - 1 cup of olive oil
 - 4 cloves of garlic
 - 1 teaspoon of salt
 - 500 g dry pasta – spirali or penne
 - Optional: 150 g of parmesan cheese
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How to make it:

1. Wash the cavolo nero and gently dry.
2. Fill a large saucepan with water and add a sprinkle of salt. Bring it to the boil.
3. Fold the leaves the half then roughly chop.
4. Peel garlic cloves. Crush 2 of the garlic cloves and mix with a pinch of salt.
5. Add the chopped cavolo nero and 2 whole garlic cloves to the boiling water and cook until bright green; 3-4 minutes.
6. Drain the cavolo nero and garlic and transfer to the food processor. Pulse to a puree. Pour in ¼ cup of olive oil while pulsing to form a pesto.
7. Remove pesto from food processor to a mixing bowl, and stir in another ¼ cup of oil and the 2 crushed garlic cloves.

8. Meanwhile, cook the pasta in a large pot of salted water until al dente.
9. Drain the pasta, and add to the bowl of pesto. Mix together with the remaining ½ cup of olive oil before serving.

Optional: Finely grate 150g of parmesan cheese and add to the mixing bowl with the pasta in step 9. Or provide finely grated parmesan cheese to be sprinkled on top to taste.

Notes:

- 🍴 Any seasonal greens can be substituted for cavolo nero in this recipe. You could also try using herbs like basil (which makes a more traditional pesto) or coriander.
- 🍴 “Al dente” is an Italian phrase that literally means “to the tooth”. It refers to the desired texture of cooked pasta which should still be slightly chewy when bitten – not completely soft.