ITALIAN · SAUCE

Pesto alla Genovese

25 min · Makes 8 × 2 tbsp · 147 kcal a portion · Video 4:33 · Giallozafferano recipes

Gluten-free ingredients

Basil, pine nuts, olive oil and aged cheese with no cream: 2 tbsp give about 150 kcal, mostly from olive-oil and pine-nut fat, about 1 g of net carbs and a third of a day's vitamin K from the basil.

Diet notes: Keto (1.1 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the parmigiano Reggiano and pecorino sardo (traditionally made with animal rennet).

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Ingredients

7 · MAKES 8 × 2 TBSP

- ☐ 2½ oz **Genovese basil leaves**
- ☐ 2 **garlic** cloves, inner green germ removed
- ☐ 1 oz **pine nuts**
- ☐ 3 g **coarse sea salt**
- ☐ 1¾ oz **Parmigiano Reggiano** (aged), grated
- ☐ 1 oz **pecorino sardo** (Fiore Sardo), grated
- ☐ 2½ oz extra **virgin olive oil** (a mild Ligurian one)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Pick the basil leaves, wash them and dry them well, handling them gently so they don't bruise and darken. 0:10
2. Pound the garlic in a mortar (or pulse in a blender) until creamy, then add the pine nuts and work them into a paste. 1:28
3. Add the basil and the coarse salt. Pound with short strokes, then grind with a circular motion against the sides, until the leaves break down into a bright green paste. 2:14
4. Stir in the grated Parmigiano and pecorino, then the olive oil, and give it a final grind until smooth and creamy. 3:11
5. Serve straight away, tossed through pasta or spooned over vegetables, fish or eggs.

> **Tip** Makes about 1 cup (8 portions of 2 tbsp). Pecorino romano can stand in for Fiore Sardo. Parmigiano uses animal rennet; swap a vegetarian hard cheese if needed. Keeps 2–3 days in the fridge under a film of oil.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
147 kcal	4.4 g	1.4 g	0.3 g	14 g	300 mg
620 kJ	9% of a day	1.1 g net · 0.3 g sugars	1% of a day	3.1 g saturated	13% of a day
		0% of a day		18% of a day	

Energy from net carbs 3% · protein 12% · fat 85% — fits keto: 1.1 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin K 36%

Source of (10–19%) Vitamin E 11% · Calcium 10%

Recipe and video: Giallozafferano recipes (@GialloZafferanoTV) on YouTube — youtube.com/watch?v=eAaC5VDLJj4, published 20 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pesto-alla-genovese-mortar