



DALLAS ARBORETUM

Education

Garden STEM at Home
Pesto Presto!



WE GROW MINDS, TOO.



OBJECTIVE:

KIDS WILL FOLLOW A SIMPLE RECIPE TO CREATE THEIR OWN PESTO.

SOURCE

Slow Food USA

BACKGROUND

Pesto, a traditional Italian dish, literally means “to pound or to grind into a paste”. While you often see pesto made on television using a food processor or blender, the traditional recipe - basil, Parmesan cheese, olive oil and garlic - is authentically made using a mortar and pestle. This classic dish is typically served with flat noodles like tagliatelle, curled noodles like trofie, small potatoes or string beans, but you can experiment with other uses, too!

INSTRUCTIONS

1. Collect a variety of ingredients from those listed on the follow page. For younger learners, prepare all ingredients. For older learners, have them prepare the ingredients in small pieces that can easily be ground. If you do not have a mortar and pestle, you could use a food processor or blender.
2. As a family, in small groups or individually use at least one ingredient from the flavor and salt categories.
3. Pound the ingredients until you have a thick paste.
4. Gradually add herbs to the paste until it is smooth.
5. Test the flavor as you mix to determine if you prefer more of one flavor or another.
6. Stir in olive oil until the pesto becomes a thick sauce.
7. Optional: Do a taste test and determine your favorite combination.
8. Use in your favorite pasta, on pizza or as flavor for potatoes or other vegetables.

ADDITIONAL RESOURCES

Explore Slow Food USA:
<https://slowfoodusa.org/>

The History of Pesto:
<https://www.lovefood.com/news/72938/everything-you-wanted-to-know-about-pesto>

Flavor Profile Cheat Sheet:
<https://kathleenflinn.com/a-cheat-sheet-to-flavor-profiles/>



FLAVOR

(GARLIC, SHALLOT,
GINGER, LEMON
JUICE & PEEL,
SUNDRIED TOMATOES)



SALTY

(KOSHER SALT,
ANCHOVIES, CAPERS,
OLIVES, HARD
CHEESES)

PESTO PRESTO!



HERBS

(BASIL, PARSLEY,
THYME,
OREGANO, SAGE,
CILANTRO,
SORREL, A LITTLE
ROSEMARY)



FATS

(OLIVE, SESAME
OR WALNUT
OIL, PINE
NUTS, PEPITAS,
TREE NUTS)

adapted from slowfoodusa.org



DALLAS ARBORETUM
AND BOTANICAL GARDEN