



ITALY

LUNCH

[PRINTABLE RECIPE PDF](#)

Italian Pesto alla Genovese

Pesto alla Genovese is a traditional sauce from the Liguria region of Italy, particularly from the city of Genoa. It dates back to at least the 19th century

PREP

10 min

COOK

0 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **50 g** fresh basil leaves - Preferably young and tender
- **30 g** pine nuts - Lightly toasted for enhanced flavor
- **1 clove** garlic - Peeled and chopped
- **50 g** Parmesan cheese - Finely grated
- **120 ml** extra virgin olive oil - High quality for best results
- **to taste g** salt - Use sea salt for authentic flavor

WHY THIS WORKS

About this recipe

A printable Italian Pesto alla Genovese recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Pesto alla Genovese is a traditional sauce from the Liguria region of Italy, particularly from the city of Genoa. It dates back to at least the 19th century and is made from fresh basil, garlic, pine nuts, Parmesan cheese, and olive

ORIGIN & TRADITION

Mediterranean context

Pesto alla Genovese is a traditional sauce from the Liguria region of Italy, particularly from the city of Genoa. It dates back to at least the 19th century and is made from fresh basil, garlic, pine nuts, Parmesan cheese, and olive oil, epitomizing the vibrant flavors of Mediterranean cuisine.

METHOD

Step-by-step instructions

1

In a mortar and pestle, combine the fresh basil leaves and a pinch of salt. Grind them gently to release the essential oils.

2

Add the toasted pine nuts and continue to grind until they are finely crushed.

3

Introduce the chopped garlic and keep grinding until the mixture is smooth.

4

Slowly add the grated Parmesan cheese and mix until well incorporated.

5

Gradually drizzle in the extra virgin olive oil while stirring to achieve a creamy consistency.

CHEF'S TIP

For a more vibrant green color and to preserve the fresh basil flavor, avoid over-processing the pesto; a chunky texture is preferred.

NUTRITION PER SERVING (EST.)

Calories	370 kcal	Fat	36 g
Protein	10 g	Fiber	1 g
Carbohydrates	5 g	Sodium	400 mg

SERVING SUGGESTION

Pesto alla Genovese is traditionally served with trofie or trenette pasta. It can also be used as a spread on bread or a dip for fresh vegetables.

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