

Taste the Hills

Recipes and Tips

Wild Garlic Pesto

Always follow our sustainable foraging guidelines

Carefully pick the leaves from close to the ground being careful to leave the bulbs in the soil for next year

Pick healthy leaves that are long and bright in colour!

The best way to check that what you've picked is wild garlic is to crush the leaves in your palm and take a good sniff. If it smells like garlic, then you've picked the right plant

Ingredients

100g wild garlic leaves

50g parmesan cheese

50g toasted pine nuts

1-2 tablespoons of olive oil

lemon juice

salt and Pepper

Method

Wash wild garlic leaves thoroughly.

Place the leaves, parmesan, olive oil and nuts into a food processor and blitz. You could also do this with a pestle and mortar if you want to be more traditional.

Add further oil if you wish to have a thinner texture and mix.

Add in your salt, pepper, and lemon juice to taste.

Wild garlic pesto is fantastic mixed with fresh pasta for a simple dish but it's great on its own for dipping your favourite nibbles into.

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