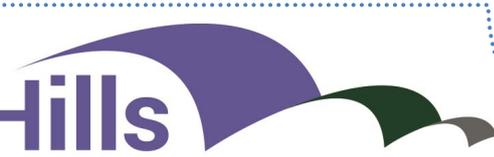


Taste the Hills



Recipes and Tips

Ground Elder Pesto

- **Servings:** 1 small jar
- **Time:** 15 mins
- **Difficulty:** Easy

INGREDIENTS:

65 g ground elder leaves
100 g roasted & salted pistachio nuts in shells (or 50 g if already shelled)
100 ml rapeseed, sunflower or olive oil, plus extra to cover if storing
lemon, juice only
1 clove garlic
¼ tsp fine sea salt

METHOD:

1. Wash the ground elder leaves and spin dry in a salad spinner or pat dry with a clean tea towel.
2. Shell the pistachio nuts, if not already shelled.
3. Place the ground elder leaves, pistachios, oil, lemon juice and garlic into a food processor or blender.
4. Process the ingredients for about 30 seconds. Open the mixer, scrape down the sides with a spatula or spoon, replace the lid and process for another 30 seconds. The final pesto should have a slightly coarse, grainy consistency.
5. Taste the pesto. Depending on how salty your pistachios were you may need to add a little salt. I found that an extra ¼ teaspoon of salt made a perfectly seasoned pesto.
6. If not using the pesto right away transfer it to a clean jar and cover the top of the pesto with oil. The oil keeps air away from the pesto to keep for longer. I have kept my pesto in the fridge for up to a week. It may last longer.

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