



Pistou (Provençal Basil & Garlic Sauce)

Pistou is the Provençal cousin of Liguria's pesto, though it doesn't contain any cheese or nuts and – unlike a classic pesto Genovese – the garlic in pistou packs a real punch.

Makes about 2½ tablespoons (50ml)



INGREDIENTS

- 2 cloves garlic, roughly chopped
- Good pinch salt flakes
- 1 handful small basil leaves (15–20g/about ½oz)
- 1½ tablespoons delicate extra virgin olive oil (30ml)

METHOD

1. Place garlic in a mortar with salt, and grind to a creamy paste.
2. Add half the basil and crush it into the paste.
3. Add remaining basil and crush it to make a thick green paste.
4. Gradually drizzle in the oil, using the pestle to incorporate it into the paste to create a thick sauce.
5. Transfer to a bowl and, if storing for more than an hour, press a sheet of plastic wrap against the surface to preserve the colour.