

XCentric Ideas

A grey mortar and pestle is the central focus, resting on a bed of vibrant green grass. The mortar is a simple, wide-mouthed bowl, and the pestle is a smooth, cylindrical rod. The background is a soft-focus field of tall grass, creating a natural and organic feel.

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by

ALMA PRETORIUS

alma@xcentricideas.co.za

www.xcentricideas.co.za

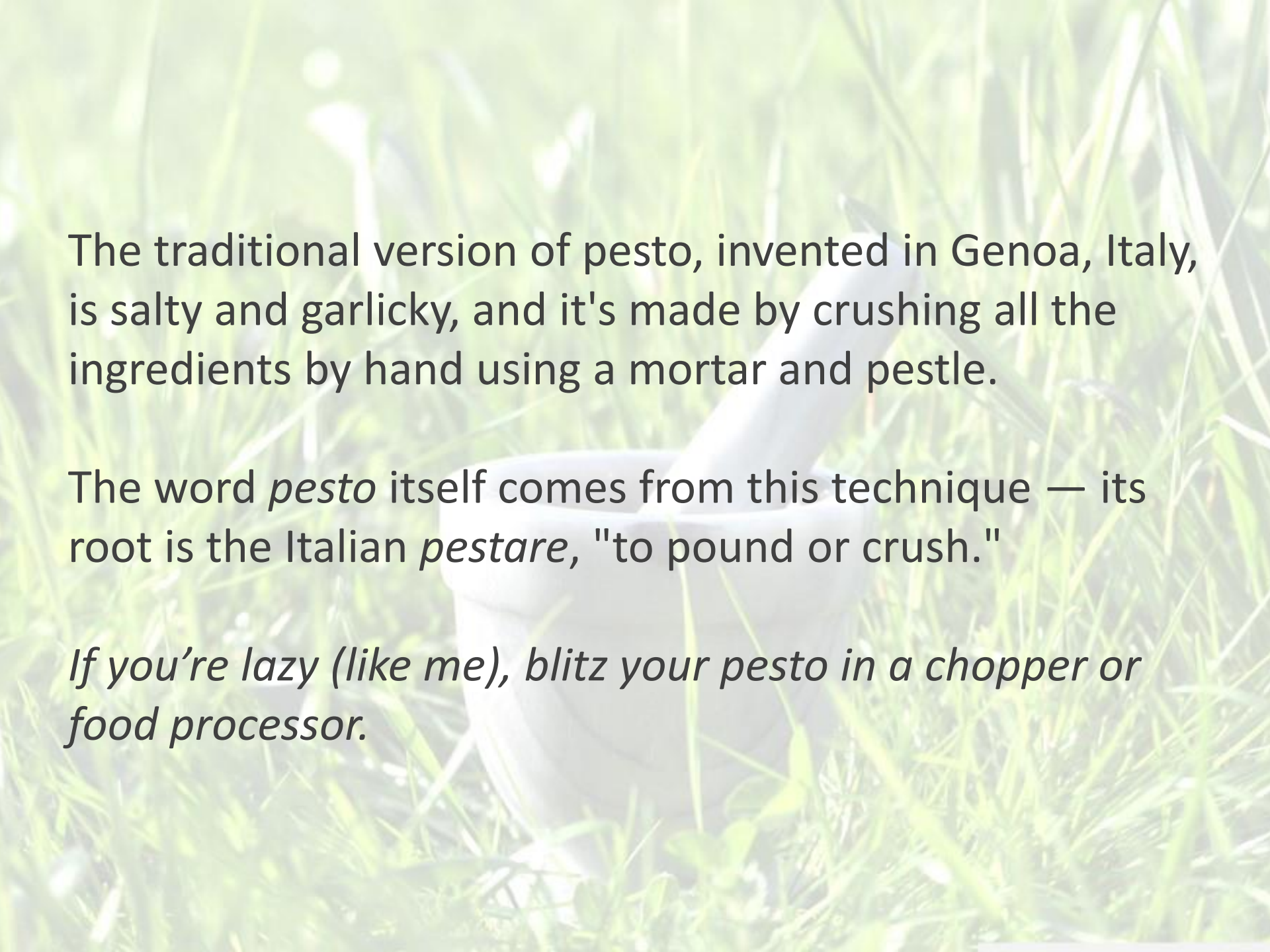
Instagram: [xcentric_alma](https://www.instagram.com/xcentric_alma)

Blog: xcentricalma_blogspot.com

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A white mortar and pestle is positioned in the center of the frame, resting on a bed of vibrant green grass. The mortar is a shallow, wide bowl, and the pestle is a long, tapered wooden rod. The background is a soft-focus field of grass, with some blades in the foreground being sharper than others. The overall lighting is bright and natural, suggesting an outdoor setting.

The traditional version of pesto, invented in Genoa, Italy, is salty and garlicky, and it's made by crushing all the ingredients by hand using a mortar and pestle.

The word *pesto* itself comes from this technique — its root is the Italian *pestare*, "to pound or crush."

If you're lazy (like me), blitz your pesto in a chopper or food processor.

KERNEL CORN PESTO

1 cup tinned kernel corn (drained)
½ cup salted peanuts
1/8 cup vegetable oil
½ cup cheddar cheese, grated
pinch salt

Blend. Spoon into jar, cover with oil. Refrigerate up to 5 days or freeze.

Use Kernel Corn Pesto on pasta, in tacos and wraps with a protein, stir into soup, stir into mashed potatoes, bake it into a bread, spread on toast.

GREEN BEAN PESTO

3 tbsp fine breadcrumbs
100g green beans, rinsed, drained, topped and tailed, blanched for 2 minutes
1 small garlic clove, chopped
50g cheddar cheese, grated
2 tbsp lemon juice (Note: you can add more once everything is mixed)
sea salt and freshly ground pepper, to taste
3 tbsp vegetable oil

Put the green beans, garlic, lemon juice, oil and pepper in a food processor and pulse until finely chopped (or chop/crush them by hand, if you prefer). Add the cheese and breadcrumbs. Add salt to taste. Add more lemon juice, oil and pepper if you want.

Use Green Bean Pesto on pasta, in tacos and wraps with a protein, stir into soup, stir into mashed potatoes, bake it into a bread, spread on toast or use as dip.

CELERY PESTO

50g fresh celery leaves
50g breadcrumbs
50g grated cheddar cheese
2 tbsp sunflower seeds, roasted
2 tbsp vegetable oil
2 tbsp lemon juice
salt, pepper to taste

Blend and serve.

Use Celery Pesto on pasta, on pizza crust, as dip, spread on bread and top with cheese, stir into soup, swirl into bread dough, spoon onto baked potatoes or use in tacos or wraps.

CAULIFLOWER PESTO

- 1 cup raw cauliflower florets, chopped to resemble rice
- 1 cup cheddar cheese, grated
- 40 - 50 g salted peanuts (start with less, you can then add more if you want)
- 2 tbsp oil
- 1 ½ tbsp lemon juice
- ½ tsp crushed garlic

Use Cauliflower Pesto in tacos and wraps with a protein, stir into soup, spread on toast or crackers or use as a dip.

BEETROOT PESTO

A bowl of vibrant pink beetroot pesto is shown, garnished with fresh green parsley leaves. The background is a soft, out-of-focus white.

70 g beetroot, peeled, steamed, cubed
20 g breadcrumbs
2 tbsp vegetable oil
2 tbsp lemon juice
1 wheel feta
salt to taste

Blend everything together in processor. Taste to adjust seasoning.

Use Beetroot Pesto on pasta, on pizza crust, as dip, spread on bread and top with cheese, stir into soup, swirl into bread dough, spoon onto baked potatoes or use in tacos or wraps. Why not use it in Red Velvet muffins or cake?

AVO SPINACH PESTO

1 ripe avocado
1 cup raw baby spinach
½ tbsp olive oil
1 tbsp lemon juice
salt, pepper
chilli flakes

Mix everything in food processor till finely blended.

Use Avo Spinach Pesto on pasta, on toast triangles, as a sauce with any protein, in tacos and wraps, stir into soup, stir into mashed potatoes, bake it into a bread, spread on toast/crackers or use as a dip.



LETTUCE PESTO

3 tbsp fine breadcrumbs (any brown/whole wheat/seed bread)
60g lettuce, roughly cut, try using the greener leaves
1 small garlic clove, chopped
50g cheddar cheese, grated
2 tbsp lemon juice (Note: you can add more once everything is mixed)
salt and freshly ground pepper
5 tbsp vegetable oil

Put the lettuce, garlic, lemon juice, oil and pepper in a food processor and pulse until finely chopped. Add the cheese and breadcrumbs. Add salt to taste. Add more lemon juice and pepper if you want.

Use Lettuce Pesto on pasta, in tacos and wraps with a protein, stir into soup, stir into mashed potatoes, bake it into a bread, spread on toast or use as a dip.

PEPPADEW PESTO

1 cup pickled peppadews
½ cup salted peanuts
¼ cup vegetable oil
½ cup cheddar cheese, grated
pinch salt

Blend. Spoon into jar, cover with oil. Refrigerate up to 5 days or freeze.

Use Peppadew Pesto on pasta, in tacos and wraps with a protein, stir into soup, stir into mashed potatoes, bake it into a bread, use as dressing for pasta and potato salad, spread on toast or use as base on pizza crust.

10 VEG PESTO

½ cup peas
½ cup celery
½ cup cabbage
½ cup green bell pepper
½ baby marrow (courgette / zucchini)
½ green beans
½ cup broccoli
½ cup spinach
½ cup pickled jalapeno slices (optional)
½ cup celery
1 cup vegetable oil
1 cup roasted sunflower seeds
¾ - 1 cup parmesan cheese powder
1 – 2 tsp salt
1 tsp white pepper powder
2 tsp crushed garlic
2 and ½ tsp lemon juice

In food processor, blend it all together. Taste and adjust the seasoning.

Use 10 Veg Pesto on pasta, in tacos and wraps with a protein, stir into soup, stir into mashed potatoes, bake it into a bread, use as dressing for pasta and potato salad, use as a dip, spread on toast or use as base on pizza crust.

My personal favorite!!! I challenged myself to use as many green veg as I could!

FRESH ORANGE PESTO

2 oranges
¾ cup salted peanuts
1 tsp crushed garlic (leave out if using for cupcakes/muffins)
1 tbsp white sugar
½ tbsp olive oil
¼ cup cheddar cheese, grated
1 tsp salt
freshly ground pepper

Juice one of the oranges, removing any seeds. You should have ½ cup; set the juice aside for later. Chop what is left of the juiced orange — pith, rind, interior fruit and all — along with the other orange (again removing any seeds); place the chopped oranges in a food processor. Add the peanuts, garlic, sugar, olive oil and grated cheese; add the ½ cup orange juice, salt and pepper. Process until smooth. Taste and adjust.

(This pesto will last for 1 week in the fridge if the surface is covered with a layer of oil.) Makes about 3 cups.

Use Fresh Orange Pesto on steamed asparagus, on toast or crackers, as a dip, on coleslaw as a dressing, as dressing on carrot salad or be brave and use on top of cupcakes or muffins.