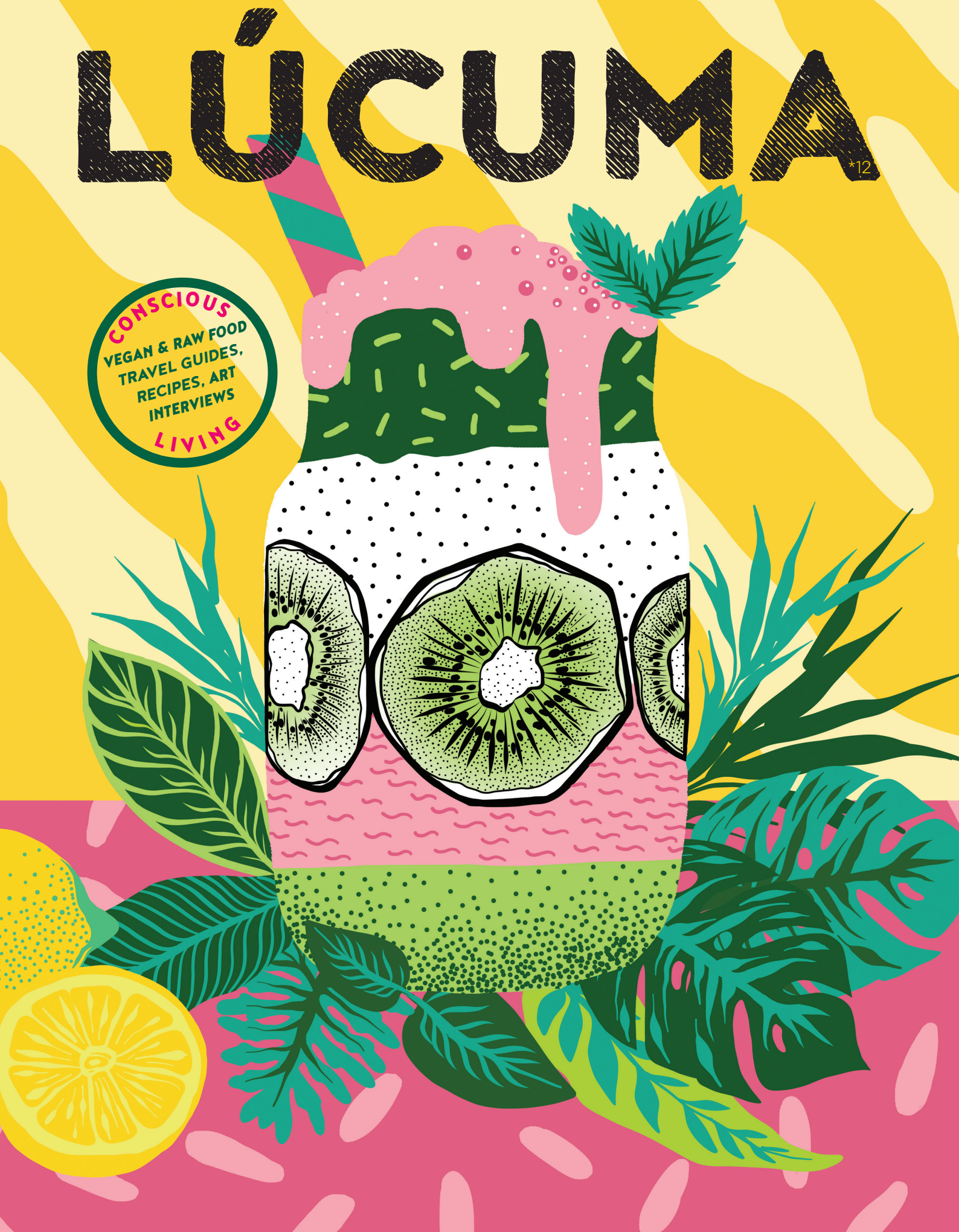


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CONSCIOUS
VEGAN & RAW FOOD
TRAVEL GUIDES,
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Mixed Herb Pesto

RAW | VEGAN | GLUTEN FREE

RECIPE **MADE IN HACKNEY** madeinhackney.org
PHOTO **PATRICIA NIVEN** patricianiven.com

Pesto is so quick and easy to make, you can use a wide variety of herbs and any nuts or seeds you have around. For an 'activated' pesto you can soak the seeds overnight to deactivate the enzyme inhibitors in the seeds. We love using sorrel and pumpkin seeds but it's totally up to you! Swap the herbs out for nettle, sorrel or kale and it will still be delicious.



PESTO

mixed herbs 100g

nuts or seeds 50g

small garlic clove 1

apple cider vinegar 1 tsp

olive oil to taste

sea salt pinch

black pepper to taste

1. For conventional pesto toast the nuts/seeds in a dry pan on a high heat for three minutes shaking frequently and leave to cool. If making a raw 'activated' pesto strain the pre-soaked seeds and turn onto a bread board to dry.
2. If you're feeling strong crush the garlic with some sea salt in a mortar and pestle. Alternatively add to a blender and blitz.
3. Add the nuts/seeds to the mortar and pound, or to a blender and blitz for 30 seconds.
4. Finely chop the herbs and either add to the mortar and pound, or add to the blender and blitz.
5. Gradually add the olive oil until a loose but textured paste.
6. Add pinch of sea salt and pepper to taste.
7. Spoon into a sterilised jar and keep in the fridge for two weeks, topping up with olive oil when necessary.
8. For a more savoury taste add a teaspoon of nutritional yeast flakes when you are pounding or blending the herbs.

"I can't believe it but this green slime actually tastes alright you know." This high culinary praise was offered by 15 year-old Chantel. She was participating in a six-week Hackney Take Away cookery course at Made In Hackney, the UK's only eco-community kitchen. Chantel and her school peers were learning to make healthy versions of their favourite take-away foods. The 'green slime' was mixed herb pesto made for Italian week. Despite initial protests - everyone in the class cleared their plates.

Made In Hackney is the UK's only eco-community kitchen with an "unapologetically progressive" food policy of local, seasonal, organic and 100% plant-based. They work with a hugely diverse range of community groups in need from low income families to people with long term health challenges, vulnerable young people and marginalised community groups such as newly arrived migrants and the traveller community. Their aim is to give people the practical skills, knowledge and inspiration to eat healthy, affordable food that's good for people and planet.

They also offer a programme of masterclasses in topics such as Gourmet Raw, Raw Desserts, Gluten Free Baking, Nut Cheese, Live Cultures & Ferments, Eat To Beat Candida and Eating For Optimum Health. The funds raised from these specialist classes they plough back into delivering their free classes with community groups in need. Recipe for 'green slime' is opposite. Enjoy.

To find out more about their work or to make a donation visit their website at www.madeinhackney.org