

Olive's Kitchen

Salsa Verde - From green herbs

This is a great way to use up excess herbs that you have in the garden or that are left over in the fridge. Make the sauce as you would make a pesto, but leaving out nuts and parmesan. Use whatever green herbs you have on hand – make it from just one herb or several but don't allow one of them to dominate and omit herbs that don't suit your intended use. For example, mint and coriander can dominate if too much is used and even a small amount might be out of place in an Italian style pasta sauce, though quite suitable for a South-East Asian salad. Different oils could be considered for the sauce, such as peanut oil or macadamia nut oil. Consider adding some green (or red) chilli, fresh thyme or oregano for extra zip.

For two to four people:

- one packed litre fresh green herbs*, washed and well-dried
- 2 to 4 medium cloves garlic, peeled
- 1/2 to 2/3 cup extra virgin olive oil (or other suitable oil)
- fresh chilli/oregano/thyme (optional)
- salt and pepper to taste

(*Choose from any soft, leafy herbs: basil, parsley, chives, tarragon, rocket, coriander, mint, chervil, dill, watercress.)



Method:

Mince or puree the ingredients using one of the following methods.

If using a mortar and pestle, start crushing the herbs and garlic with a dash of salt and oil. (If chopping by hand, mince the basil, nuts and garlic with a dash of salt on a board. Transfer to a bowl.) Then add the oil in stages. Test for salt and pepper.

If using a food processor or stick blender, blend the herbs with some oil. Add more oil, ensuring a suitable texture. Remove to another container and adjust taste for salt and pepper. Use just enough salt to bring out all the flavours.

Serve as a dip, use as a pasta sauce, spread on bruschetta or in a sandwich, toss through vegetables, sprinkle over pizza toppings or add a spoonful to soups.

Serve:

Enough for 6 to 12 servings, depending on how it is to be used.

Equipment:

Mortar and pestle, or chopping board and knife, or stick blender or food processor.

Difficulty and Time:

Not difficult (2/5). 15 to 20 minutes to prepare.

Notes and variations:

- Check other sources for salsa verde recipes that include capers, cornichons, etc.
- Also see Pesto and Chimichurri recipes.
- Slightly wet herbs will give a watery sauce so ensure they are well-dried.