

Pasta with Pistou Sauce

AF DuPage Cooking Demonstration

Saturday, August 31, 2024 at 11:00 am

Presented by Chef Chris Thielman & Karen Thielman

Servings: 3-4 portions

Special equipment: large pot, blender, large bowl

Ingredients:

40 grams fresh basil leaves (no stems)

½ teaspoon sea salt

2 cloves garlic (5 grams)

3 ounces extra virgin olive oil (Terra Delyssa brand recommended)

1 teaspoon fresh lemon juice

4-5 turns fresh ground black pepper (about ¼ teaspoon)

1 ½ gallons water

4 Tablespoons kosher salt

16 ounces linguini (measured dry)

½ cup grated, aged Parmesan cheese (garnish)

Basil leaf (for garnish)

Method:

Place the basil leaves, sea salt, garlic, olive oil, lemon juice, and black pepper in a blender and blend well for 1 minute. Hold on the side.

Combine 1 ½ gallons water and 4 Tablespoons kosher salt in a large pot and bring to a full rolling boil. Maintain the high heat and cook the linguini for 13 minutes, stirring occasionally, to al dente or your desired doneness.

Strain the pasta.

Mix the basil sauce with the cooked linguini in a large bowl until well coated. Transfer to a serving platter or serving bowl and garnish with the grated Parmesan cheese and a basil leaf.

Chefs Notes:

- The salt in the water to cook the pasta is an integral part of this recipe. It will add a small amount of salt flavor to the pasta. Some chefs say you should taste the water and it should taste like the ocean for the correct salinity content.
- You may add a small amount of the pasta cooking water (about 2 ounces) when you are stirring the sauce and pasta together if you want the dish to have a saucier consistency.

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