
Pesto Workshop

Duration : 2 hours Take Home : 8 ounce container of pesto	Learn : How to Compose a Pesto, Science of Emulsification
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To begin this workshop, participants will split up into three groups and gather and measure out the ingredients for three different types of pesto.

Basil pesto: basil, parsley, lemon, olive oil, garlic, pine nuts, walnuts, parmigiano cheese

Arugula pesto: parsley, arugula, almonds, lemon, parmigiano cheese

Cilantro pesto: parsley, cilantro, lime, garlic, pumpkin seeds, sunflower oil

Once all the ingredients are assembled and measured out, all participants will have the opportunity to pedal the Sweetcycle and blend the pestos.

While we blend and pedal, we will discuss what other herbs, nuts and bitter greens make great pestos. We will consider the role of acidic ingredients like lemon juice and its alternatives -- sumac, cider vinegar and amchoor powder. We will discuss the role of and flavor profile of nuts and learn what to substitute if you need to make a nut free pesto. We will also consider some alternatives for olive oil and parmigiano cheese.

Pesto is an emulsion of water (water in the herbs and greens) and oil (nuts, cheese, oil). The texture and creaminess of the pesto is dependent on the ingredients and the means (grind by hand, blender, food processor) with which you combine and force the ingredients into tiny droplets that can be interspersed together into a creamy mixture.

After we have discussed all the ingredients and blended the pestos, we will prepare a pesto tasting with either pasta or crostini or in some classes corn tortillas.

Participants will leave with an 8 ounce container of their favorite pesto.

Notes About Logistics :

The Sweetcycle is a stationary bike that comes to you and it can be set up indoors or outside. These workshops are designed for groups of 6-25 people. Some workshops involve some cooking and chopping. We can bring electric burners, pots, knives and cutting boards. In some cases, we need access to electricity. We generally like to set up our workshops in a setting with a pot washing/ hand

washing sink, but we do not need a fullscale kitchen. Within each type of workshop -- pestos, creamy dressings, aiolis, gelatos, sorbets or cocktails -- there are numerous menu options. This workshop description is a sample. Workshops can be customized for time, what you want to learn and eat, age/audience, menu preference and the take home treat.
