

BRONZE FENNEL PISTOU

A key pantry staple that can be pulled out to be put on absolutely anything that you'd want to pep up. Served with raw, roasted or steamed vegetables it makes for a delicious dip. It's brilliant stirred into soups, and thinned out it can be used as a salad dressing. It keeps refrigerated for a month

INGREDIENTS:

1 cup packed bronze fennel, chopped
½ cup packed parsley, chopped
¼ cup pumpkin seeds, soaked overnight in apple cider vinegar then dehydrated in the oven at 60C until dry
2 cups best quality extra virgin olive oil
2 wax free lemons, zested and halved
6 cloves garlic, chopped
2 tbs sea salt
5 spicy fresh chillies
½ cup grated Parmigiano-Reggiano

DIRECTIONS

In a blender, or if you're keen a mortar and pestle, blitz or pound the pumpkin seeds, garlic, chilli, bronze fennel and parsley with one cup of olive oil. Slowly keep adding oil so your blades don't get stuck. If pounding, add oil towards the end. When the ingredients are a rough paste, stir in the salt, lemon zest and Parmigiano-Reggiano.