

Recipe

Asian Pesto

Juice of 1 lime
1 cup Asian Basil leaves
50 rau rum leaves (coriander)
½ cup toasted unsalted peanuts, ground (optional)
1 small chile pepper, seeded and chopped
3 cloves garlic, peeled and minced
1 teaspoon gingerroot, peeled and shredded
1/3 cup vegetable oil

1. Mix together all the ingredients and heat in a saucepan.
2. Bring to a boil and simmer for 3 minutes.
3. Chill in the refrigerator before using.

Excellent served over salmon or egg noodles

Tip: Basil is used more in Thai cooking than Italian, which is not surprising since the plant is said to have originated in Thailand and/or India. The leaves of this herb are tossed into salads, stir-fried dishes, and curries. They are also used to garnish soup.

Nutrition Facts: Serv. Size: 69g; Calories: 280; Fat: 28g; Fiber: 2g

Source: "Asia Greens", by Loh-Yien Lau

