



Ressort: Reise & Tourismus

Pesto, a culinary gem of Liguria, Italy

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Genoese pesto, the emblem of Ligurian cuisine, wins over with its perfect balance of flavors: the freshness of DOP basil, the bold taste of garlic, the creaminess of Parmigiano Reggiano and Pecorino, the richness of pine nuts, and the smoothness of extra virgin olive oil.

Genoese pesto, a burst of flavors that tells centuries of history and tradition, was born in the heart of Liguria, among the hills kissed by the sea and the alleys of Genoa. Its origins date back to the 19th century, when the Genoese began to crush basil, garlic, cheese, and pine nuts in a marble mortar, creating a sauce that would become the symbol of their land. Every ingredient is carefully chosen: the DOP basil, cultivated under the Ligurian sun, offers freshness and fragrance; the garlic, bold yet never overpowering, adds character; the Parmigiano Reggiano and Pecorino blend into a velvety creaminess;

the pine nuts add a sweet and crunchy note, while the extra virgin olive oil, the green gold of Liguria, ties everything together with its smooth richness.

The preparation of pesto is a ritual that requires patience and love. It begins with gently washing and drying the basil leaves to preserve their aroma. Then, in the mortar, the garlic and pine nuts are crushed until they form a creamy paste, to which the basil is added, worked in circular motions to avoid overheating. Grated cheeses are incorporated, followed gradually by the oil, until a velvety consistency is achieved. The result is a vibrant sauce that smells of summer and the sea.

Genoese pesto is versatile and brings magic to every dish. The classic trofie al pesto, with their twisted shape that holds the sauce, is an unforgettable experience. But that's not all: try it on trenette, accompanied by green beans and potatoes, or on Genoese focaccia, for a combination that wins over the palate. And if you're feeling adventurous, use it to flavor a fish soup or to enrich a bruschetta: every bite will be a journey through Ligurian cuisine.

Tasting Genoese pesto means immersing yourself in a tradition that smells of basil and the sea, of history and passion. It's an unforgettable emotion, an invitation to discover the authentic soul of Liguria, an experience that will make you fall in love. Try it, and let yourself be conquered.

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