

This recipe lightens up on the fresh garlic, which can overpower wine if used in the normal proportions. I also substitute vegan “parm” – a stroke-of-genius idea from cooking teacher and physician Annie Fenn of brainhealthkitchen.com. I reduce the salt called for as I’d rather adjust the final dish – in this case the pesto. Plus, the miso is quite salty.

Serves 6 (approx.)

VEGAN PARM

- 1 c walnut halves (*lightly toasted if desired – this adds flavor*)
- ¼ c nutritional yeast
- 2 T white miso paste
- ½ small garlic clove (*don’t want a garlic flavor, just a spunky bass note*)
- Up to 1 tsp smoked salt, optional

PROCEDURE

Pulse all ingredients except salt in a food processor or blender until the mixture looks crumbly like coarsely grated Parmigiano Reggiano cheese. Taste and add smoked salt if desired, pulsing briefly to incorporate.

PESTO

- 1/2 small clove garlic
- ¼ to 1/3 c vegan “Parm”
- 2 to 3 c. packed fresh basil leaves (*Genova basil if possible*)
- Freshly squeezed of ¼ juicy lemon
- 1/3 c. olive oil (*approximately, adjust as needed to make a paste or drizzle, as desired*)
- Kosher salt and freshly ground black pepper, for seasoning

PROCEDURE

Combine garlic and vegan “Parm” in the bowl of a food processor or blender and pulse until combined and garlic is coarsely ground. Add basil leaves and lemon juice and pulse to shred the leaves, scraping down the sides of the container once or twice as needed. With the motor running, add oil gradually in a thin stream, to make a smooth paste or drizzle. Add Kosher salt and black pepper to taste.