

2 minutes application break

# Pesto

## Facts

**Origin** Italy

**Dates back** 18th century

**Ingredients** Basil, pine nuts, garlic, Parmesan cheese, olive oil

A condiment and sauce, used in Italian and Mediterranean cooking

## MixSing Process



### Design

Shear	CFD simulations confirms $>200,000 \text{ s}^{-1}$
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 75,000 cP
Accessories	Vacuum system, scrape agitator
Materials	Stainless steel: AISI 316L. All materials: EC 1935

## Insight

Pesto is a classic sauce from the Liguria region of Italy, known for its distinct blend of crushed garlic, pine nuts, salt, basil leaves, Parmesan cheese, and olive oil. The name “pesto” originates from the Genoese word “pestâ” which means “to pound” or “to crush”, referencing the traditional preparation method of using a mortar and pestle to blend the ingredients.

The history of pesto can be traced back to the Mediterranean region, specifically Italy, where it is believed to have been consumed since ancient Roman times in the form of a sauce called “moretum”, made with cheese, herbs, and oil. However, the pesto

we know today, featuring basil as the main ingredient, became widely consumed in the 18th century and quickly became a staple in the Liguria region, particularly associated with Genoa.

Pesto is a versatile sauce commonly used in Italian cuisine. It is often paired with pasta dishes, such as spaghetti or trofie, but can also be spread on bread, used as a pizza topping, or as a sauce for meat and fish dishes. Its unique flavour, made from fresh ingredients such as basil, garlic, pine nuts, and Parmesan cheese, makes it a delicious addition to any dish. Furthermore, it is a healthy option due to its high content

of healthy fats, antioxidants and other nutrients when consumed in moderate amounts. Pesto also comes in various forms, including traditional, vegan and green pesto made with greens like arugula and spinach.

It is also an excellent option for meal prepping, as it can be made in advance and stored in the fridge or freezer for later use. Pesto’s rich history and cultural significance in the Mediterranean region and its unique flavour and versatility make it a popular choice for traditional and modern cuisine.



The power of simplicity

**Web**  
tps.ltd

**Europe**  
Fejringhusvej 16  
DK-8722 Hedensted  
erik.harbo@tps.ltd

**Rest of world**  
11 Irving Place  
Singapore 369551  
claus.siegaard@tps.ltd