Opinion



Preparations underway for making the Grosso family pesto recipe, which they traditionally serve on Good Friday (NCR photo/John Grosso)



by John Grosso

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This recipe is part of a Lent 2025 series where National Catholic Reporter staff will share some of their favorite meatless meals. <u>Sign up for the EarthBeat Reflections</u> email newsletter to receive future series similar to this one.



When I first learned how to cook, I would never deviate from a recipe. In fact, I wouldn't even attempt cooking a meal unless it had a set of step-by-step instructions and exact measurements.

As I became a more confident chef, I attempted to recreate some of the traditions of my childhood — my great grandma's shortbread cookies for Christmas, my uncle's barbecue ribs for the summer and, eventually, my mom's legendary pesto that she would make for Good Friday.

Imagine my terror when I asked her to teach me and she said, "Well, I never measure anything. I just know!"

"How do you make it creamy?" I asked.

"You just eyeball it while pouring in the olive oil," she said.

"How much basil should I buy?" I asked.

"A lot," she shrugged.



The Grosso family pesto sauce prepared in a bowl (NCR photo/John Grosso)

After many years of trial and error, and one supervised cooking experience with my mom, I finally was able to get it right. Both my mom and I make this recipe throughout the year (It's particularly good in mid-August as the basil reaches peak growth), but when I eat it I am always transported back to my mom's kitchen on Good Friday at about 5 p.m., right after church.

[&]quot;How do you know if there's too much garlic?"

[&]quot;There's no such thing," she laughed.

And though it will never be quite as good as my mom's, I can confidently share with you our family pesto recipe — which is both my wife's and my daughter's favorite thing that I make.

Grosso Pesto

Servings — 4 per pound of pasta

Time — 30-40 minutes

Ingredients

All ingredients can be adjusted according to your taste. Pine nuts can be swapped out for walnuts in a pinch, but I implore you to avoid doing so! Do not add lemon juice.

- 4 bunches of fresh basil, washed
- 4 cloves of garlic
- 1/2 cup of toasted pine nuts
- 1/4-1/2 cup of pecorino romano cheese
- 1/2 cup of extra virgin olive oil (more for a creamier pesto)
- Salt and pepper to taste
- 1 box of rigatoni pasta (more if you are serving a larger group)

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Instructions

- 1. Bring a pot of lightly salted water to boil. Cook and drain pasta, then set aside.
- 2. Wash and de-stem basil leaves. Peel garlic.
- 3. In a food processor, combine pine nuts, garlic, basil, salt, pepper, pecorino romano cheese and olive oil. Pulse until chopped and mixed.
- 4. Drizzle in more olive oil until the pesto reaches desired consistency. (Ideally, you want it nice and smooth.)
- 5. Test and adjust seasonings as needed, pulsing until well combined.
- 6. Once the pasta has cooled a bit, add in your pesto and mix well.
- 7. Serve and enjoy!

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