



Cobnut 'Pesto'

20 shelled cobnuts

150ml local hemp oil the good oil co.

Leaves from a sprig of marjoram

15g parsley leaves

15g freshly grated Lyburn cheese (or parmesan)

½ garlic clove

A few drops of lemon juice

Put all the ingredients together and blend until smooth, season to taste.

Great served with sardines, mackerel or hake