



HAND-MADE PASTA

EQUIPMENT:

PLASTIC WRAP
PASTA MACHINE
LARGE STOCK POT
CLEAN WORK SURFACE

INGREDIENTS: 4-5 LARGE EGGS
3 1/2 CUPS A.P FLOUR

METHOD:

FIRST

MAKE A MOUND WITH THE FLOUR IN THE CENTER OF YOUR WORK SURFACE. MAKE A WELL IN THE CENTER OF THE MOUND AND ADD THE EGGS. USING A FORK, WHISK THE EGGS. START TO MIX WITH YOUR HANDS AND KNEAD INTO A DOUGH BALL. CONTINUE TO KNEAD FOR AT LEAST 10 MINS. THIS IS A LONG TIME BUT IT MUST BE DONE. IF YOU HAVE A KITCHEN AID, 4-6 MINS. SHOULD BE ENOUGH.

SECOND

WRAP THE DOUGH IN PLASTIC WRAP AND LET THE DOUGH REST AT ROOM TEMP FOR THIRTY MINS. TAKE THE DOUGH OUT AND CUT INTO FOUR PIECES. KEEP THE OTHER PIECES COVERED WHILE YOU WORK WITH THE FIRST QUARTER.

THIRD

GENTLY PRESS THE DOUGH BALL INTO A THIN ROUND AND FOLLOW THE INSTRUCTIONS THAT COME WITH THE PASTA MACHINE. IF YOU DO NOT KNOW HOW TO USE A PASTA MACHINE, THERE ARE PLENTY OF VIDEOS ON YOUTUBE.

FOURTH

ONCE YOU HAVE THE PASTA MADE IN WHATEVER SHAPE THAT YOU WANT, ADD THE PASTA TO SALTED BOILING WATER. FRESH PASTA DOES NOT TAKE LONG TO COOK AND IS MUCH EASIER TO OVERCOOK; SO DO NOT LEAVE THE POT TO DO ANYTHING ELSE. DEPENDING ON HOW THICK YOUR PASTA IS IT SHOULD COOK IN 3-5 MINS. SERVE HOT AND ENJOY!