

HOMEMADE PASTA



INGREDIENTS

2 cups flour Semolina Caputo
½ teaspoon sea salt
3 large eggs



Combine the flour and salt. Make a well in the centre of the flour, and add the eggs. Gently begin to mix the eggs, gradually drawing in flour with each stroke. Eventually a stiff dough will form. Knead the pasta dough for 8-10 minutes. If the dough is too dry and won't stick together, add a 1/2 teaspoon of water. If it is too sticky, sprinkle in a bit more flour. Keep in mind this dough will be much stiffer than traditional bread dough. However, the longer you work it, the smoother and more pliable it will become. You're looking for a smooth texture. If your dough is still rough, keep kneading.



HOW TO USE A PASTA MACHINE

Rolling the dough is a process— you need to make several passes, throughout each thickness setting for the best results. Start with the biggest setting, run it through once or twice there, then gradually adjust the settings to be thinner and thinner until you have the perfect sheet of golden pasta.

Between each pass, fold the strip into thirds, if necessary. This helps square up the edges and keeps things even.

Then simply roll it through the cutting side of the machine to slice into spaghetti or fettuccine.

ROLLING PIN INSTRUCTIONS

If you don't have a pasta machine, you can use a rolling pin and knife (or pizza cutter) instead. Keep in mind you'll want to roll it out as thin as humanly possible, as it will plump up considerably once you cook it.

Roll each portion of dough out on a well-flour surface and then cut into thin strips. Your noodles will be more rustic, but they'll still taste amazing.

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