



FRESH PASTA, WHOLE EGG

MISE EN PLACE

- Prepare a large pot of water, for cooking your pasta.
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FRESH PASTA, WHOLE EGG *(yields four 100 g servings)*

300 g* “00” flour, or all-purpose flour

3 large eggs

** (add 100g flour for every large egg if you are increasing the quantity of pasta that you are making)*

- Pour the flour onto your work surface and make a wide well in the center.
- Pour the eggs into the well and beat them together with a fork.
- Using the fork, start mixing the flour into the eggs from the inside edges of the well.
- Continue mixing the flour into the eggs, using the fork then a bench scraper and finally your hands, until you have a firm, kneadable dough that isn't too dry – stop incorporating flour when your dough has reached the right consistency – Use a bench scraper to move some of the flour to the side once you have incorporated enough flour into the egg to prevent it running away when you break the well. (NOTE: It is much easier to adjust a dough that is too wet, than a dough that is too dry).
- Knead the dough for about 10 minutes, until it is smooth and elastic. (If you push your finger into the dough it should be moist but not sticky, and it should spring back).
- Now wrap the dough tightly in plastic wrap and set aside to rest for at least 30 minutes to allow the gluten to relax. If you are resting it for more than an hour, you can rest your dough in your fridge. Bring it back to room temperature before rolling it out.

- When you're ready to roll out your dough, cut it in two to three pieces and flatten one half with a rolling pin or your hands (wrap the other(s) back up in plastic wrap). Next roll your pasta dough through your pasta machine, one setting at a time, starting at the widest setting and working your way down to the second last setting. Sprinkle a small amount of flour onto your pasta machine rollers and your work surface before you start rolling – if your dough is sticky you may need to use more flour.
- Now fold the rolled dough using a book fold then start rolling it again, starting at the widest setting. When you have rolled it through all of the settings (or the second last depending on how thin you want the pasta to be), cut it into appropriate lengths and lay it on a floured towel to dry for a few minutes. You could also hang it over a broom handle or a pasta rack.
- When the pasta feels dry but still pliable, you can cut it with your machine, or by hand.
- Leave to dry for 10 minutes or so on a lightly floured tea towel. Now it is ready to cook, or you can form it into bundles and leave it to dry.
- Cook your fresh pasta briefly, 2-3 minutes, in a large pot of well-salted boiling water, until al dente.

EQUIPMENT

Pasta Machine recommended, or rolling pin to hand roll out your pasta

Metal (or plastic) Bench Scraper – not essential but nice to have

Tea Towels, or a broomstick or rack for drying your rolled pasta.

Plastic wrap

A measuring scale