



Basic Egg Noodles

Season: All

Serves: Portions will depend on the weight of the eggs, but a good rule of thumb is one egg per at-home serve.

Fresh from the garden: eggs

This simple recipe uses the weight of the eggs in their shells to determine the amount of flour required (double the weight of the eggs) and half a teaspoon of bicarbonate of soda to every egg used. You can work out how much you will make by first weighing your eggs, then adding double the amount of flour.

Equipment:

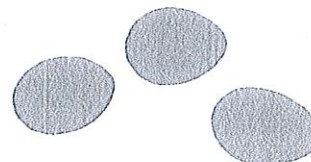
measuring scales
sifter
large bowl
pasta machine with noodle
cutter attachment
clean tea towels

Ingredients:

1 tsp bicarb soda
1½ tsp salt
plain wheat flour (double the weight
of the eggs in their shell)
2 eggs in their shells
cornflour, for dusting

What to do:

1. Weigh the eggs to determine how much flour to use.
2. Measure out twice as much flour as the weight of the eggs.
3. For every egg add a ½ tsp of bicarb soda.
4. Sift the bicarb, salt and flour into a large bowl.
5. Break the eggs into the flour, ensuring all the egg white has been scooped from the shells.
6. Knead until the dough is smooth. (It will feel drier than pasta dough.)



To make the noodles:

1. Divide the dough into four balls.
2. Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with clean tea towels.
3. Shape the dough into a round ball and press it down on the board to flatten it.
4. Fold in both sides, in rough thirds, to make a rectangle about 8 cm wide with folded sides.
5. The dough can be quite dry at first, but keep working it.
6. Set the rollers on the pasta machine to the widest setting and pass the folded dough through. Keep it aligned so that the folds run vertically up the rectangle as you pass it through.
7. Do this 3–4 times, folding long sides into the centre each time. (This process is called laminating.)

8. Change the machine roller setting to the next-thickest setting and pass the dough through. You do not need to fold it.
9. Sprinkle a pinch of cornflour onto your hands and smooth it onto the strips of dough if the dough starts to stick. Be very sparing with the flour.
10. Continue changing the settings and passing the lengths of dough through until the dough has passed through the second thinnest setting. Don't fold it again after the first (thickest) step. If the dough gets too long to handle comfortably, cut it into 2–3 pieces using the large knife, then continue to roll each piece separately. Sprinkle with corn flour on both sides.
11. Change the pasta machine setting to a noodle cutter attachment and pass your dough through it.
12. Let the long, thin strands of pasta dry on the tea towels, sprinkled with cornflour, while you work on each of the remaining pieces of dough.

