



Basic Pasta

Season: All

Serves: 30 tastes in the classroom or 6 at home

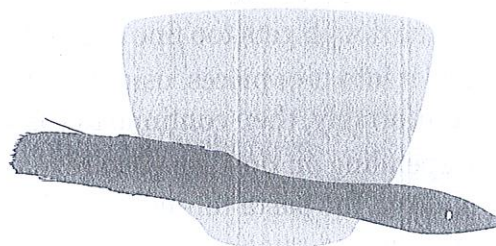
Fresh from the garden: eggs

Equipment:

pasta machine with linguine cutter (6–9 mm intervals)
 measuring scales and spoons
 large bowl
 fork
 plastic wrap
 large knife
 clean tea towels
 pastry brush

Ingredients:

400 g plain (all purpose) flour
 2 tsp salt
 4 eggs



What to do:

1. Fix the pasta machine to a suitable bench, screwing the clamp very tightly.
2. Add the flour and salt to the large bowl. Combine and make a well in the centre.
3. Crack the eggs into the centre of the well and beat them lightly with a fork.
4. Combine the eggs with the flour, using your fingers to draw the flour from the edges of the well.
5. Work the eggs and flour together to form a dough.
6. Transfer the dough from the bowl to a floured bench.
7. Knead for a few minutes until the dough clings together and feels quite springy.
8. If the dough is too dry, add an egg yolk; if the dough is too wet, add a sprinkle of flour.
9. Wrap it in plastic wrap and let it rest for 1 hour at room temperature.

To roll the dough:

1. Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry.
2. Unwrap the cold dough and cut it into six pieces. Keep one piece out and fold the others back in the plastic wrap to prevent drying out.
3. Shape the dough into a round ball and press it down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8 cm wide with folded sides.
4. 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.



5. Do this 3–4 times, folding long sides into the centre each time. (This process is called ‘laminating’.)
6. Change the machine roller setting to the next-thickest setting and pass the dough through another 3–4 times. You do not need to fold it.
7. Sprinkle a pinch of flour onto your hands and smooth it onto the strips of dough if the dough starts to stick. Be very sparing with the flour.
8. 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. You probably won’t use the very thinnest setting, as the dough gets too fine and is hard to manage without ripping.
9. Cut it into 2–3 pieces, using the large knife if it gets too long to handle comfortably, then continue to roll each piece separately.
10. Depending on the dish you are making, now is the time to attach your cutter and run the pasta through, e.g. for spaghetti or linguine, or leave as is for lasagne and ravioli.
11. Let your pasta dry on the tea towels while you work on each of the remaining pieces of dough. If you need to pile up layers, make sure you place a clean tea towel between any layers of pasta sheets.
12. Clean the pasta machine by brushing it with a dry, wide pastry brush. Tip it upside down to get out any dried bits of pasta. **Never wash your pasta machine with water because the rollers will rust.**

