

LA CUCINA AT THE MARKET

— Cultivate Your Passion for Cooking —

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PASTA FRESCA

Ingredients

3 cups 00 flour (unbleached all-purpose will work too)

3 cups semolina

6-8 large eggs, well-beaten

1 teaspoon salt

water as needed

*Pasta machine

Mound the flour in the center of a large wooden cutting board. Make a well in the middle of the flour. Add salt. Beat the eggs and add to well. Using a fork and then your fingers, incorporate the flour starting with the inner rim of the well. As you add the flour retain the well shape (do not worry if it looks messy). The dough will begin to come together when about half of the flour is incorporated. Add water if the dough seems dry.

Dough can also be made in a large bowl or in a kitchen mixer if preferred.

Knead the dough with both hands. Once the dough is well blended, remove it from the board and scrape up and discard any dry pieces. Lightly flour the board and continue kneading for about 5-10 minutes. The dough should be elastic. Cover the dough with a dish cloth or bowl and let rest for about 25 minutes. As the dough rests, sprinkle a baking sheet with flour.

Divide the dough into 6 pieces, remove one and leave the others covered. Working with one piece of dough, while leaving the others covered, form a disk. Run the disk of dough through the pasta machine on the widest setting. Trifold the pasta sheet, lightly flour and run through the machine again on the widest setting. Repeat these steps twice through each setting (DO NOT USE LAST/THINNEST SETTING). At this point you will have a thin, lengthy sheet of dough. Cut the pasta sheet into two equal lengths. You will now be able to cut the shape and style of pasta you desire. If you are using a machine, you can select fettuccine or spaghetti. Switch the handle to your preferred cutting attachment and carefully crank and catch the pasta as it falls. Gently lay the pasta on the floured tray, cover and let rest until ready to cook.

* Fresh pasta cooks in about 4 minutes. The best test is tasting!

Buon Appetito!