

Making Homemade Pasta

For the ones having a dusty pasta machine in the cabinet, here's a photo documentation about how to make pasta. I usually make 'tagliatelle' adding herbs as a flavoring and coloring ingredient and ravioli, stuffed with pumpkin or Swiss chard filling. It's rather easy, not too time consuming, and the product can be frozen. This is the recipe of **chestnut tagliatelle** we made last week, mixing two types of flour; chestnut flour and wheat flour. The method is the same using only the wheat flour.

Ingredients (serves 10-12)

1-3/4 cups Chestnut flour (14oz)

1-3/4 cups Wheat flour (14oz)

5 eggs

2 tablespoons of olive oil

1 pinch of salt

3-4 tablespoons of warm water

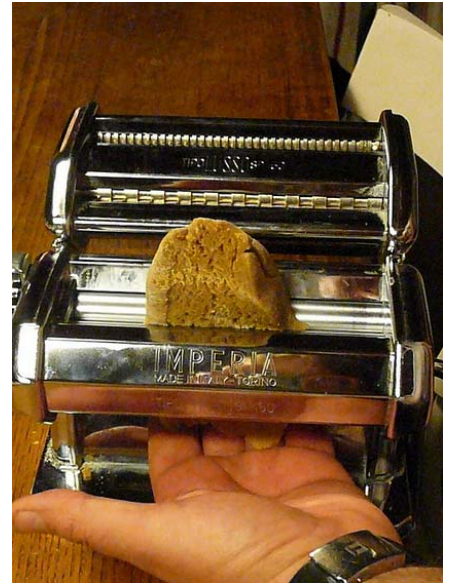
Directions



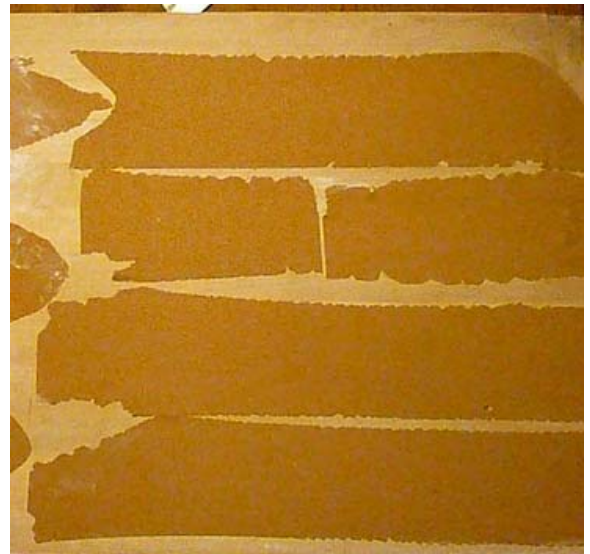
If using two kinds of flour, mix them. Place the flour on the pastry board (or on the table) in a mound and make a hole in the centre. Put the eggs into the hole, adding two tablespoons of olive oil and a pinch of salt. Beat the eggs with a fork. Using the fork, start to incorporate the flour into the egg mixture. Continue using your fingertips (a bench knife can be useful).



Form a ball with your hands. If the dough is too dry and crumbly, add a little water (I added 3 table spoons) or 1 more egg; if the dough is wet and sticky, add some flour. Sprinkle the work surface with flour and knead the dough pushing down and away from you with the palm of your hand. Fold the dough over on itself again and again. Continue this until the dough is smooth (about 10 minutes): the result should be a solid, smooth and silky ball not sticky!



Let the dough rest for 30 minutes wrapped in plastic film, better in the fridge. This will make the dough much easier to work. Cut a piece of dough (egg sized). Flatten it with your fingers and put it in the slot of the pasta machine, between the rollers, choosing the widest setting (usually 1), turn the handle while feeding the dough into the slot and hold the flattened dough as it comes out. It's better to have an assistant who helps you!



After the stripe of dough has passed through the pasta machine, fold it in two, sprinkle with flour, turn it 90 degrees and feed it through the machine. Repeat the operation a few times, until the result is a smooth and rectangular shaped sheet. Turn the slot to the next setting and pass the dough through the rollers. Continue to do this, making the slot smaller by one each time. (I usually stop at the last but one). As you continue rolling the pasta, your sheet of dough will get longer and longer. Lay the stripes of pasta on your work surface and let them rest for 10 minutes.



Now you have to cut the dough into pasta. Feed the dough into the cutting blades of the machine. After cutting the dough, lay the pasta on a tray and let it dry for awhile; sprinkling it with some flour. If you want to freeze, arrange the pasta in the shape of a nest on a tray, put the tray in the freezer and, when the pasta is frozen, put it in a bag.

Happy pasta making!