

HOMEMADE PASTA

Serving Size: 6

INGREDIENTS:

- all purpose flour 3 cup
- egg 3
- egg yolk 3
- salt 2 tsp
- olive oil 2 tsp

EQUIPMENT:

- cutting board
- fork
- measuring spoons
- measuring cups
- bowl
- pasta machine
- pot

METHOD:

1. Place flour in a pile in the center of a large chopping board and make a well in the center
2. Crack the egg(s) into the center and add the salt and olive oil
3. Take a fork and beat the eggs and other ingredients in the center of the well. Slowly mix in the surrounding flour until it is blended enough to use your hands.
4. (Keep extra flour handy in case the dough is too wet; or water in case it is too stiff) Once your ball of dough is firm and manageable and a soft yellow colour - begin kneading
5. Knead dough for 8-12 minutes until it is smooth, then wrap up and let sit for at least 1 hour.

6. Use pasta machine to roll out and cut out pasta, cover with some more flour, and let hang to dry a bit
 7. Boil a large pot of salted water, and after it comes to a boil, cook pasta for approx. 2 minutes before draining and serving with your favourite pasta sauce.
- * An idea for a healthy and light pasta dish: chop up and sauté onions, zucchini, broccoli, mushrooms, peppers and tomatoes and mix them in with the fresh cooked pasta. Add some fresh basil and finish with a drizzle of olive oil and sprinkling parmesan cheese on top.



ENJOY 😊

