

Pasta Dough

Serves 4 +

Ingredients

250g 00 Italian Flour
250g Semolina
5 Whole Eggs + water to make the weight to 250g

You can use all 00 flour, or just Plain Flour if you don't have 00 or Semolina. Personally I think equal amounts 00 & semolina give a beautiful taste and texture.

Method

To make the dough

1. Mix the flours together in a bowl, and tip onto the work surface
2. Form the flours out from the centre to form a well.
3. To this add the eggs and water (if needed).
4. Using a fork, gently whisk up the eggs and gradually mixing in the flour from the sides of the well (without breaking through the wall)
5. Once it becomes difficult to work with fork, use your hands or a bench scraper to bring the dough together, picking up all the dry bits.
6. Knead the dough until it becomes smooth and pliable - approx 6-8mins
7. Wrap tightly in plastic wrap, making sure its an air tight seal.
8. Chill for a least an hour, or up too 24hours



The make the pasta

1. Set up your pasta maker in the workbench (you can also roll your pasta sheet out if you don't have a machine)
2. Dust an area with semolina (to coat your pasta sheets once rolled)
3. Dust an area with flour (to coat your pasta dough prior to rolling)
4. Remove the plastic wrap from the dough and cut the dough into four pieces .
5. Wrap you three bits of dough and form the one in the flattish oblong with your hands (to help ease it into the pasta machine)
6. Coat the formed piece of dough well with flour

7. With your pasta machine secure, set it to the widest setting and slowly feed it through the machine.
8. Fold it into thirds and feed through again. You may need to do this again until you have an even sheet of dough.
9. Turn the thickness setting to the next thinness setting and feed the dough through. I feed mine through twice, I feel it gets a more more even sheet.
10. Repeat until you have the desired thickness for the pasta shape/style you are doing. *** if the pasta sheet becomes too long cut it for ease of handling.
11. Once you have your desired thickness, lay it on the semolina and coat both sides. Leave to one side. ***** For a simple fettuccine, you will need a thickness of 6.5mm or N° 6 on your machine.
12. Now repeat with the other three bits of dough.

Drying

1. Leave your prepared sheets in the open to dry for 15-20mins, turn over and leave for another 15-20mins - to feel a bit like soft leather.
2. **** at this stage you can freeze your pasta sheets, but layering with parchment paper in between each layer and covering in plastic wrap, then pop in the freezer until needed.



3. If you have an attachment on your pasta machine, then cut your pasta sheet to approx 10"-12" long (a good eating length), dust with flour and gently feed through the machine attachment for fettuccine.
4. If you are cutting by hand, then again cut your sheet to 10" -12" long, dust well with semolina and very loosely roll from one end but stop in the middle and then roll from the other end to also stop in the middle. You should have two equal rolls that meet together . **** Picture A & B
5. With a sharp knife, Make equal cuts approx 8mm wide through the rolls
6. Then using the back of the knife slide through the seam of the rolls.cuts and lift - the cut rolls should now fall away to form the fettuccine strands. ****Picture C
7. Make a pile and gently lift and mix - leave to dry a little until you are ready to cook.
8. Repeat with the rest of the pasta sheets, forming piles of fettuccine as you go.



Picture A



Picture B



Picture C

Cooking

1. Place a well salted pan on the hob (add more salt than you would usually as there is no added salt to the pasta)
2. Bring this to the boil
3. Add your fettuccine and cook for 2-4mins
4. Drain well, add a knob of butter for extra yumminess and serve with your fave sauce, pesto or cheese.