

Homemade Fresh Pasta

Ingredients

- 4 cups flour (unbleached, unenriched, organic)
- 5 eggs
- 1/3 cup olive oil
- 1 teaspoon salt

How To Prepare

Place flour on countertop. Sprinkle salt on top. Mix eggs in a bowl. Using your finger, make a well in the center of the flour and pour in eggs. Marry the eggs and flour using a fork. Add olive oil and continue to mix. With a baker's knife, work the rest of the flour in with the egg mixture and knead by hand for 5-10 minutes, building up the elasticity of the dough. Add water as necessary. Coat with olive oil and rest at room temperature for around 30 minutes. With a baker's knife, cut a small piece of dough and roll flat on a lightly floured countertop.

For spaghetti:

Cut the dough so that it will fit on the surface of the pasta guitar, and lay one piece on top of the wires. Then, with a rolling pin, gently work the dough through the wires. Place in a baking pan with a wire rack and set aside.

For fettuccine:

Cut the dough and roll into a cylinder. With a knife, cut the cylinder into sections about 1 centimeter wide, or to your liking. Unroll the dough and place in baking pan.

To cook:

Boil water in large pot, adding 1 Tbs salt per gallon of water. Place one portion of pasta in to boiling water. Cook until done and place directly in dish using a pasta fork. Continue one portion at a time until done. Add sauce, cheese, and parsley as desired.



Bon Appétit!

