

Kitchen Garden at Collingwood College 2022

Name of Recipe: Handmade Cavatelli Pasta

Volunteer Notes: There will be dough ready made; you will make for the next group. Use the butter shaping boards to roll the Cavatelli over to make the indentations.

Another group will be making the sauce for this pasta

What to collect	What to do
Large pot with lid Strainer Spider/colander & bowl XVOlive oil Cooking salt	Put a pot of water on to boil, add olive oil and salt.
Pasta Dough: 600 g semola (finely ground semolina flour), plus extra to dust Sea salt 300ml warm water	<p>Tip the flour onto a clean work surface and mix with a large pinch of salt. Make a well in the centre, slowly pour in most of the water and use your hands to slowly bring the flour into the centre, mixing until you have a rough dough.</p> <p>If the dough feels too wet, add a little more flour. If it feels too dry, sprinkle over some more warm water.</p> <p>Knead for about 10 minutes, until smooth and elastic. As the dough becomes smooth, it is important to clean down your work surface and hands, then continue to knead. Cover with gladwrap and set aside for 30 minutes to rest.</p> <p>Working with a small amount of dough at a time, roll pieces of the dough into long ropes, around 5 mm in thickness. Make sure any dough not being used remains covered to stop it from drying out. Cut each rope into lengths around 1.5cm long and use your thumb to drag each piece down a gnocchi board or butter forming board to make little ridged cavatelli. Place the cavatelli onto a tray that is generously dusted with semolina flour. Repeat with the remaining dough and set aside.</p> <p>Cook 2+ minutes in rolling boiling water or until pasta floats to the top, scoop out with the spider into a colander.</p> <p>Set pasta aside to be mixed with the sauce.</p> <p>Clean up.</p>