



## Silver beet Fettuccine

**Difficulty:** Medium

**Type:** Starter or Main

**Allergy Advice:** Contains eggs, gluten

**Serves:** 15 tastes

**From the garden:** Silver beet, eggs

<b>Equipment:</b>	<b>Ingredients</b>
<b>Large saucepan or stockpot</b>	2-3 cups silver beet thinly sliced
<b>Small sauce pan</b>	500 gms pasta flour
<b>Food processor</b>	4 eggs
<b>Pasta Machines</b>	2 tsp. salt
<b>Mixing bowl</b>	
<b>Cling wrap</b>	
<b>Baking trays</b>	
<b>Baking paper</b>	
<b>Serving bowls</b>	

### What to do:

1. Wash silver beet and thinly slice, removing the stems. Place into a saucepan of water and bring to the boil. Cook until tender and drain. Wait until cool and squeeze the excess water from the silver beet.
2. Place the silver beet into a food processor and blitz until smooth.
3. Now add the eggs, salt and flour and process until the mixture just comes together.
4. Turn the mixture out onto a floured surface and knead well. Wrap in cling wrap and set aside to rest for the next class.
5. Place a large pot of water on to boil and take the pre-made dough to start making the pasta.
6. Now start rolling the pasta. Take the dough, keeping it in the cling wrap as you go. Take a piece, approximately 1/8<sup>th</sup> and shape into a rectangle. Dust the dough and pasta rollers with flour and run the piece of dough through the widest setting. Fold in half and roll through again a few more times. Repeat this process reducing the roller settings as you go until you reach the thinnest setting. Remember to dust the pasta as you go to stop it from sticking.
7. Change the rollers to fettuccine and roll through. Place pasta onto prepared baking trays and repeat these processes with the remaining pasta until it is all cut.
8. Finally place the pasta into the boiling water to cook. This should be done in a few batches if there is time. The pasta should only take a few minutes to cook and should float at the top of the water when done.

