



Basic Pasta Dough

Season: All
Serves: 30 tastes in the classroom or 4 serves at home

Fresh from the garden: eggs

This dough can be used to make many different types of pasta, such as fettuccine, linguine, lasagne, ravioli and spaghetti.

EQUIPMENT:

metric measuring scales and spoons
mixing bowls – 1 large, 1 small
plastic wrap
clean tea towels
cook's knife
rolling pin
chopping board
pasta machine (optional)
pastry brush

INGREDIENTS:

400 g plain flour, plus extra for dusting
2 tsp salt
4 × 70 g eggs

WHAT TO DO:

To make and rest the dough:

1. Combine the flour and the salt in the large bowl and then create a well in the middle of the flour.
2. Crack the eggs into the small bowl and then pour them into the well in the centre of the flour.
3. Use your hands to incorporate the eggs into the flour until the dough clings together and feels springy.
4. Tip the dough onto a clean, dry workbench. Knead the dough for a few minutes. Wrap it in plastic wrap and let it rest for up to an hour at room temperature.

To roll out the dough by hand:

1. Unwrap the dough and cut it into six pieces. Keep one piece out and fold the others back into the plastic wrap to stay moist.
2. Dust the workbench with flour. Roll the dough with your rolling pin. Add flour if it gets sticky, and keep rolling until your sheet of pasta is thin (about 3 mm thick).
3. Cut the pasta into noodles with shape cutters or a kitchen knife.
4. Repeat with the rest of the dough. If you need to pile up layers, keep a clean tea towel between the layers to prevent them from sticking.





To roll out the dough using a pasta machine:

1. Set up the pasta machine next to a clean dry space on your workbench. You can also spread clean tea towels next to the rollers to catch the pasta on.
2. Unwrap the dough and cut it into six pieces. Remove one piece and keep the others in the plastic wrap to stay moist.
3. Roll the dough into a ball and press it down on the board. Flatten and shape it into a rectangle about 8 cm wide.
4. Pass the dough through the widest setting of the pasta machine.
5. Fold the dough into three, then turn it 90 degrees and roll it through again. Do this three or four times, folding as necessary to keep the edges from getting too ragged. (This process is called 'laminating'.)
6. Set the rollers to the next widest setting and pass the dough through.
7. Continue changing the settings and passing the lengths of dough through, until the dough has passed through the second-thinnest setting.
8. If the dough starts to stick, sprinkle a pinch of flour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour.
9. If the dough gets too long, you can cut it into two or three pieces, then roll each piece separately.
10. Cover the dough with tea towels to avoid it drying out.
11. Repeat this process with the remaining dough.
12. Prepare the pasta machine with the correct pasta cutters as required.
13. Clean the pasta machine by brushing it with a dry pastry brush. Tip it upside down to get any dried bits of pasta out. Never wash your pasta machine with water, as the rollers will rust.

