

Dairy Free Orecchiette

This pasta is a specialty of Puglia, it is shaped liked little ears and is made by hand.

There are various recipes and techniques for this pasta. Some recipes have ricotta and egg but this is a vegan alternative.

Serves- 4 adult meals

Recipe adapted from www.jamieoliver.com/recipes/pasta-recipes/orecchiette/



Ingredients

400 g durum wheat flour, or fine semolina flour, plus extra for dusting
200 ml warm water

Equipment

Mixing bowls
Large mixing spoon
Large saucepan
Butter knife
Tray
Colander

Method

1. Pile the flour on to a clean surface and make a well in the middle.
2. Gradually add 200ml of warm water, using a fork to bring the flour in from the outside until it forms a dough.
3. Knead on a flour-dusted surface, switching between fast and slow kneading, for 10 minutes, or until smooth and firm.
4. Cut the dough into four so you can work with it a quarter at a time. Cover the rest with a clean damp tea towel while you work, to stop it drying out.
5. Roll your first quarter into a long sausage shape about 1cm in diameter, then cut it into 1cm nuggets. Keep your surface well dusted with flour.



Method number one: starting at the edge furthest away from you, drag a blunt eating knife towards you over a nugget of dough, so it curls round and over the knife. Gently pull the dough off the knife, push your thumb inside and turn it inside out. Repeat.

Method number two: stick your thumb into the centre of a nugget (roll it into a ball first), rotate your thumb around to create a round disc, then pick the disc up and hold it between your thumb and forefinger, pulling it gently over your forefinger to make a similarly effective little ear. Transfer to a floured tray as you go.

Whichever method you choose, repeat with the remaining pasta, shaping and perfecting as you go until all your little ears are done.

