

Homemade Pasta

Makes about 1 ½ pounds fresh pasta



Ingredients

- 2 cups all-purpose flour (280 grams)
- ½ cup semolina flour (70 grams)
- 4 large eggs
- 1-2 tablespoons water, only if needed



Steps

Step 1: Sift all-purpose flour and semolina flour together over a clean counter top. Make a well in the center with the back of your hand.

Step 2: Add the eggs to the well and using a fork stir/whisk the eggs to gradually add a little of the flour in at a time until the dough comes together. If the dough is dry and feels too crumbly (won't stay together when pinched), add 1 tablespoon of water at a time.

Step 3: With your hands, keep bringing the dough together to form a ball. Knead for 7 minutes then let it rest for 5 minutes and knead for two minutes more or until the ball is super smooth.

Step 4: Wrap dough well in plastic wrap and refrigerate for 30 minutes to allow it to rest.

Step 5: To roll the dough, remove from the fridge and cut it into six pieces. Starting with one piece (and keeping the remaining pieces covered with the plastic wrap so that they do not dry out) flatten it out with your hands to create an elongated oval. If you are making flat sheets for lasagna, roll each piece until it's about 1/4 inch thick. You should be able to see your hand through the pasta. If not, the dough is too thick. Keep rolling.

To make fettuccine noodles: Once each piece is thin enough, sprinkle the top and bottom with flour making sure the flour is spread out along the long noodle. Then fold the noodle in thirds and cut pieces that are about ¼-inch wide. Then separate the pieces so that you can see long strands. Place piles of noodles on a parchment-lined baking sheet that's been sprinkled with flour. Continue this process with the remaining dough. Allow noodles to dry for about 30 minutes before cooking. Bring water to a boil seasoned with salt and add the noodles, stirring. Fresh noodles do not take as long to cook as dry noodles so watch them. Usually when they float to the top they are done.

For a simply sauce and a way to really taste the benefit of fresh pasta, I toss the noodles in minced garlic that's been sauteed in oil and season with salt, pepper, crushed red pepper flakes, and topped with parmesan cheese and fresh parsley. Delish!

**Alternatively you can use a pasta machine to roll out the sheets of dough. I use thickness 7 before putting the dough through the fettuccine cutter. The pasta roller will yield thinner sheets resulting in pasta that is more like commercially dried pasta.*