

# Fresh Pasta



This recipe forms the basis for many types and shapes of pasta.

## Ingredients for Basic Pasta:

100g '00 Pasta Flour' or Strong Plain Flour  
1 Egg  
Pinch Salt

## Ingredients for Colouring Pasta:

Green (Pasta Verdi): Spinach  
Purple: Beetroot  
Orange: Carrot Purée  
Red: Tomato Purée



## Ingredients for Cooking:

600ml Water  
½ Tablespoon Olive Oil  
Pinch of Salt



## Method: By Hand

1. Weigh and measure out all the ingredients accurately.
2. Place the flour and salt onto the worktop in a heap.
3. Crack the egg into a small bowl and beat with a fork until it is mixed well.
4. Make a well in the centre of the flour and pour in the beaten egg and any additional ingredients to add colour.
5. Bring the mixture together using your fingertips until a soft dough is formed. Add a little more flour if it is too sticky or a little more egg if too dry.
6. Knead well until the dough is no longer sticky / dry, it needs to be elastic.
7. Wrap the dough in cling-film and leave in the fridge for 20 minutes to rest. This will allow the gluten to develop and the water from the eggs to be absorbed by the flour. The longer you leave the dough, the more manageable it will become.

## Method: In a Food Processor

1. Weigh and measure out all the ingredients accurately.
2. Place the flour and salt into the food processor.
3. Crack the egg into a small bowl.
4. Add the egg to the food processor and any additional ingredients to add colour.
5. Pulse the machine until the mixture begins to look like breadcrumbs.
6. Process it until the mixture forms a soft ball of dough. Add a little more flour if it is too sticky or a little more egg if too dry.
7. Wrap the dough in cling-film and leave in the fridge for 20 minutes to rest. This will allow the gluten to develop and the water from the eggs to be absorbed by the flour. The longer you leave the dough, the more manageable it will become.



### Method: To Shape Pasta

1. Cut the dough into two pieces. Flatten each piece with a rolling pin or your hands until it is about 5mm thick.
2. Fold the dough and pass it through the pasta machine at its widest setting, re-folding and re-rolling several times without changing the setting. Do this until you have a rectangle shape approximately 7.5cm x 9cm. You may need to sprinkle some flour onto the machine to stop the dough from sticking.
3. Repeat with the second piece of dough.
4. To thin the pasta, start with the pasta machine at its widest setting and pass the dough through the rollers.
5. Do not fold the pasta dough, but repeat this processing, decreasing the width setting of the roller each time, until you reach the narrowest setting.
6. For most uses, take the pasta down to the thinnest setting – especially for ravioli, as you are sandwiching two layers together when it is folded.
7. The fresh pasta should be wrapped in a damp cloth if you are not using it straight away so that it does not dry out and becomes difficult to use.
8. Shape pasta.



### Method: To Cook Pasta

1. Add a pinch of salt to a large saucepan of water and bring to a vigorous boil.
2. Add pasta and continue boiling for 4 to 6 minutes or until cooked.
3. Drain the pasta.
4. Add the olive oil.
5. Serve.

