

Beef Ravioli

Ingredients for Pasta:

200g '00 Flour'
1 or 2 Eggs
Pinch of Salt: School to Provide

Ingredients for Ravioli Filling:

200g Mince Beef
2 Tablespoons Chopped Parsley
1 ½ Tablespoons Grated Parmesan
1 Small Onion
1 Garlic Clove
1 Egg for Brushing to Seal Pasta: School to Provide
½ Teaspoon Salt: School to Provide



Please bring a container to take your ravioli home in and a container for your sauce.

Ingredients for the Sauce:

300g Tinned Tomatoes
2 Tablespoons Balsamic Vinegar: School to Provide
1 Clove Garlic
1 Tablespoon Tomato Purée: School to Provide
½ Onion
Handful Fresh Basil Leaves (Optional)

Method:

1. Weigh and measure out all ingredients accurately.
2. **To make the pasta by hand:**
 - ◆ Place the flour and salt onto the worktop in a heap.
 - ◆ Crack the egg into a small bowl and beat with a fork until it is mixed well.
 - ◆ Make a well in the centre of the flour and pour in the beaten egg.
 - ◆ 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.
 - ◆ Knead well until the dough is no longer sticky / dry, it needs to be elastic.
 - ◆ 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.
3. **To make the filling:** Peel and crush garlic clove and cut the onion into small even size pieces. Alternatively place the onion and garlic in a mini chopper and pulse until finely chopped.
4. Place a small saucepan at the front of the hob. Add onion, garlic and mince beef to the saucepan and fry on a low heat for approximately 5 minutes. The meat will turn from pink to brown.
5. Transfer the cooked mixture into a bowl and add the chopped parsley, grated parmesan, salt and chill, preferably in the fridge. You want the mixture to chill otherwise it will make the pasta harder to handle.
6. **To shape the pasta:** Cut the dough into two pieces. Flatten each piece with a rolling pin or your hands until it is about 5mm thick.
7. 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.
8. Repeat with the second piece of dough.
9. To thin the pasta, start with the pasta machine at its widest setting and pass the dough through the rollers. 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.
10. 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.
11. **To fill the ravioli:** Sprinkle work surface with flour.
12. Lay sheets of pasta on the work surface and use your chosen cutter to create the individual ravioli pieces; remember you need a piece for the top and the bottom for each piece of ravioli.
13. Roll the meat mix into balls and place in the middle of each square or circle.
14. Brush water over the edge of filled pasta piece. Lay another cut piece of pasta on top and seal tightly, pressing down firmly. Chill for 10 minutes.
15. **To make the sauce:** Dice the onion into small even size pieces. Crush the garlic.
16. Place a small saucepan at the front of the hob, add the diced onion, crushed garlic and balsamic vinegar, sauté.
17. Add the tinned tomatoes and tomato purée and cook for 5 more minutes before adding the basil.
18. Allow to simmer for 5-10 minutes
19. Finally construct and present your ravioli for serving.
20. **To cook the pasta:** Half fill a saucepan with water and add a pinch of salt. Place on the back of the hob and bring to a vigorous boil.
21. Bring the saucepan to the front of the hob, carefully add pasta and continue boiling for 4 to 6 minutes or until cooked.
22. Use a colander to drain the boiling water from the pasta. Drizzle ½ tablespoon of olive oil over the pasta.

