

FRESH PASTA

Before you begin to make the pasta, fill a large pot $\frac{3}{4}$'s full, add 1 tsp of salt, put the lid on and place on stove. Turn to high. When boiling turn to medium. REMEMBER to turn it back to high before you add the pasta.

INGREDIENTS

2 cups flour

2/3 cup of water

2 Tbsp of olive oil

METHOD

Carefully measure ingredients and place in a large mixing bowl.

Using a wooden spoon, mix until a smooth dough is formed.

Flour a dry, clean space on the work bench, knead the dough until it is smooth, this should take approximately 5 minutes. (Put the heel of your hand on the dough and push it away from you) Fold the dough back and repeat.

(Remember to put a bit of oomph into it)

Using your finger tips, press the dough into a rectangle shape, approximately .05cm thick.

Set the pasta rolling machine on the largest setting.

Roll pasta through, then fold in half, roll again.

Set the pasta machine to number , roll through once.

Attach the cutter to the pasta machine, feed the dough through, then hang on pasta racks to dry. You may need to pull the strips apart when you hang it to dry.

Fresh pasta only takes between 30 seconds and 1 minute to cook, so clean up the work benches and re set for the next class.

*****Please do not immerse the pasta machines in water..use a pastry brush to brush off the flour and then wipe over with dry paper towel.**

Bring the pot of water back to the boil, add pasta, check after 30 seconds to see if it is 'al dente'. Drain, then give it a very quick rinse under the cold water tap (5 seconds). This stops the pasta from cooking and going mushy.

Serve the pasta immediately after cooking. Place a large bowl of pasta, topped with the fresh sauce on each table. Share with everyone and enjoy!