

PASTA, HOMEMADE

By Dennis W. Viau; this is a standard recipe.

Homemade pasta is *foodier*. It is made with whole eggs, so you get more protein. The pasta therefore satisfies hunger better than the dry stuff you buy in the store, and you are less likely to feel hungry afterward. Store-bought pasta is basically flour. One half cup of flour contains about 6 grams of protein. One egg has 7 grams of protein. So, by making your own pasta you are more than doubling the protein.



The following is a fairly standard recipe. The only variations are to add a tablespoon of water to stretch the dough a little, or to add a little olive oil, which will give you a slightly smoother dough. I've made green pasta by working with spinach and orange pasta with sun-dried tomatoes.

For standard pasta dough I use half all-purpose flour and half pasta flour (durum wheat semolina). If your local supermarket doesn't sell pasta flour you can use regular flour. The pasta flour gives the finished pasta more of an *al dente* texture.

Ingredients (for each 1 to 2 servings):

1 egg
¼ teaspoon salt
¼ cup (40g) pasta flour (durum wheat semolina)
¼ cup (30g) all-purpose flour
(or ½ cup (60g) all-purpose flour if pasta flour is unavailable)
Additional flour as needed to stiffen the dough enough for kneading

Directions:

Beat the egg(s) with the salt in a bowl until well blended. Add the flour(s) a little at a time, mixing with a fork or wooden spoon until the mixture becomes dry enough to knead. It should be fairly stiff, but still moist.

Note: It is better to start with too little flour because it is easy to add more as needed. If the dough is too dry, adding moisture is possible, but difficult.

Knead the dough for a few minutes, adding more flour as needed, until smooth. It should not stick to your hands. Wrap in plastic and let rest for about an hour. If you wish to store it longer, place it in the refrigerator. Letting the dough rest will allow the flour to absorb moisture and yield a smoother dough that has more elasticity. Do not refrigerate the dough more than 24 hours, unless vacuum sealed, as it will change color and appear less appetizing.

Use a pasta machine or roller to shape the dough. There are dozens of different shapes and cuts for rolled pasta.

Unlike dry pasta, which requires cooking for 8 to 12 minutes or longer, fresh pasta cooks in 1 to 2 minutes. It is already hydrated (contains moisture); you only need to cook the egg. One minute is enough for an *al dente* (chewy) pasta. Cook it a minute longer if you like your pasta soft and tender.

Serve with your favorite sauce or other toppings.

The photos were removed. See the video for the preparation and additional ideas.