

## Step by Step to make Fresh Pasta

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Look at the recipes in this booklet for pasta and have a go at making some of your own to ensure when you do the real thing you will be a pro!

We are going to use two methods— one using a machine and one by hand. **For the next two practical lessons** the class will be split in two.... one half using a machine, whilst the other makes it by hand. You will then switch.



### Ingredients

100g '00' grade pasta flour  
1 large egg

### Equipment

Large mixing bowl  
Small mixing bowl  
Fork  
Tablespoon  
Pasta Machine



1) Put 100g of '00' flour into a mixing bowl and make a small well



2) Whisk the egg with a fork and add to flour



3) With clean hands, or using a fork, begin to fold the eggs into the flour; continue mixing until the mixture forms a soft dough



4) Tip the dough onto a floured surface and knead it for about a minute to form a ball shape



5) Wrap the dough in cling film and leave to rest in a fridge for 20 minutes before using



6) Cut the dough into two pieces

## Rolling Pasta By Hand



### **Cortecchia Shaped Pasta Method**

1) Break marble-sized pieces off the dough and roll them into small, thin sausage shapes.

2) One at a time, lay your fingers on top, then press down and drag the pasta back towards you to curl and create your shape, gently flicking the pasta pieces off your fingers so you don't squash them.



## Using a Pasta Machine



7) Flatten pasta until it's about 10mm thick



8) Start with the pasta machine at its widest setting and pass the dough through the rollers



9) Repeat this process, decreasing the roller setting down by grade with each pass until you reach the second to thinnest setting

## Hand rolled and sliced Tagliatelle

1) Roll out your pasta dough really thinly, or 3mm thick.

2) Next fold it gently on top of each other a



## Hand Made Pasta Cacio E Pepe

### Ingredients

#### **Pasta:**

100g '00' grade pasta flour  
1 large egg

#### **Sauce:**

1/2 teaspoon of black peppercorns\*  
80g parmesan cheese  
20g butter

### Equipment

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Large mixing bowl  
Small mixing bowl  
Metal mixing bowl  
Fork  
Tablespoon  
Pasta Machine  
White knife  
Saucepan  
Wooden Spoon  
Frying pan  
Small bowl  
Rolling pin  
Colander



### Method

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1. Look on pages 14 and 15 to make your pasta. (half the class will make it with a machine and half will make Cortecchia Pasta.
2. Half fill a sauce pan with hot tap water and put on to boil.
3. Once water is boiling add you made pasta.
4. As the pasta cooks put your peppercorns into a frying pan and dry roast for 2– 3 mins.
5. Put them into your **metal** mixing bowl and using a rolling pin grind them until they are fine. (You would use a pestle and mortar in a industrial kitchen.)
6. Grate your parmesan cheese as finely as you can.
7. When the pasta is cooked, drain it with a colander.
8. In your frying pan put it back on the heat and sprinkle in most of the crushed peppercorns and the butter. Add the pasta once the butter has melted.
9. Take the frying pan off the heat and add 3/4 of the cheese and leave to sit for 1 minute whilst you clean up.
10. Serve with the rest of the crushed peppercorns and the cheese.
11. Garnish with a basil leaf.