

Recipe

Tagiatelle Handmade Egg Pasta



INGREDIENTS (2 SERVINGS)

1 large egg
50 grams or 1/3 cup of all purpose flour
50 grams or 1/3 cup of Durum/Semolina flour (if you don't have one of these, just use 2/3 all purpose flour)
5 ml or 1 tablespoon of extra virgin olive oil
Pinch of salt



DIRECTIONS

STEP 1 - Combine flour into the bowl, add the salt, and mix with the fork. Form a crater in the middle of the flour.

STEP 2 - Add the egg and the olive oil into the crater in the flour mix. Beat the eggs and oil mix with the fork for a few seconds. Start to scrape the flour crater with the fork and mix the flour all together. Then you can start to mix the whole mixture in the bowl using one hand.

STEP 3- Once the mixture is all incorporated dump the mixture onto lightly floured pasta board. Begin kneading with one hand. TIP: When kneading the dough with your hand, the correct method is this. Folding in towards yourself with your fingertips. Then pressing down and away from your body with the palm of your hand. Repeat. If your dough is too dry, add a very small amount of olive oil. If it is too sticky add a very small amount of flour. Continue to knead. You will know when you are done when the dough is neither too sticky or too hard. The consistency will change and you will have a well formed ball of dough. Test by lightly poking the ball with your finger. If the indent your finger makes bounces back it is done.

STEP 4- After all the flour is absorbed into the dough and the kneading is finished let the dough rest in the bowl covered with a tea towel for 25-30 minutes, at room temperature.

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STEP 5- Roll out the dough ball onto a lightly floured board. Work the dough with the rolling pin until you have a thin layer. You will continue to roll in all directions until the pasta is almost translucent. Be sure to keep both the board and the rolling pin lightly dusted with flour to prevent the dough from sticking. It is ok to turn the dough over and work both sides. Do this by gently wrapping the dough onto the rolling pin and repositioning on the board. It is ideal if you can roll out to a large rectangle shape.

STEP 6 - Starting from the side closest to your body begin to gently fold the dough (do not press down) until you reach the center. Then starting from the side away from you do the same and fold the pasta towards the center.

STEP 7 - Using the chef knife, cut the pasta into strips of 1/2 inch, which is the width for Tagliatelle.

STEP 8 - Using the tip of the chef knife place the tip into the center folded area about 4 to 5 inches. Then gently lift the pasta with the knife. You will have strips of pasta from the slices you made. Allow them to gently fall to the board and lightly dust with some flour to keep from sticking. Repeat until you have lifted all the pasta from the board this way. You can gently lift up the pasta and allow the pasta to be dusted with the flour on the board. TIP To make different types of pasta change the width of the cut. For example, make 1 inch strips for Pappardelle or smaller 1/4 inch strips for Tagliolini.

COOKING INSTRUCTIONS - Fill your large stock pot with cold water and place on stove bring to a rolling boil. Add at least 1 teaspoon of salt per serving and 1 teaspoon of olive oil to the water when cooking fresh pasta such as this. Once the water is at a full rolling boil, gently add your fresh pasta to the water. Gently stir with a spoon to keep the pasta from sticking. Fresh pasta will cook much quicker than dried commercial pasta. Your pasta should be al dente in approx. 4 to 5 minutes. You should test by tasting, and be ready to drain into a colander. Do not over cook, and do not rinse the water. Once drained return the pasta back to the pot and spoon some of the warm pasta sauce you made onto the pasta. Using our recipe you will have extra sauce left over for another meal. We recommend not drowning the freshly made pasta in too much sauce that way you can taste the delicate flavors of both the pasta and the sauce. How much water do you need in your pot? The Italian standard is for 3.5 ounces of pasta use 1 quart of water (4 cups) of water. For two servings just double etc.

TIP: You can freeze your fresh pasta. When you decide to enjoy your pasta from the freezer, have your stock pot of boiling water ready, and gently add the pasta straight from the freezer. Do not defrost the pasta. It should go direct from the freezer to the boiling water.

Buon Appetito!

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