

CHANNEL YOUR INNER ITALIAN GRANDMAMA

A MASTER RECIPE AND BRIEF GUIDE TO
ROLLING OUT PASTA LIKE YOU OWN IT





About this Guide

I am neither an Italian nor a grandmother. I don't even know all that much about pasta! That being said, I created this guide because providing detailed steps for making fresh pasta can otherwise overwhelm a fairly straightforward recipe.

There are a multitude of ways to make fresh pasta, and, between my time spent in Italy and the Italian cookbooks I've devoured, the only absolute takeaway I've gleaned is that there is one and only one way to make it right. In other words, there are a shit ton of ways to make fresh pasta correctly, and an equal number (minus one!) of ways to screw it up!

The Master Recipe is the one that perfectly works for me. It's uncomplicated, comes together nicely, and rolls out without much springback (and zero shredding). It's not overly delicate, has great flavor, and cooks up well - even when filled. The techniques employed are simple, although they often require a bit - or a lot! - of elbow grease. You don't need fancy equipment or a pasta machine. In fact, there is an odd satisfaction to be gained by rolling it out by hand! If you happen to have those gadgets, I'd encourage you to try using just your hands and a rolling pin once, in order to really experience becoming one with the dough - of channelling your inner Italian grandmama.

FRESH PASTA

THE MASTER RECIPE

INGREDIENTS

1 C. SEMOLINA FLOUR
1 C. UNBLEACHED FLOUR
3 EGGS

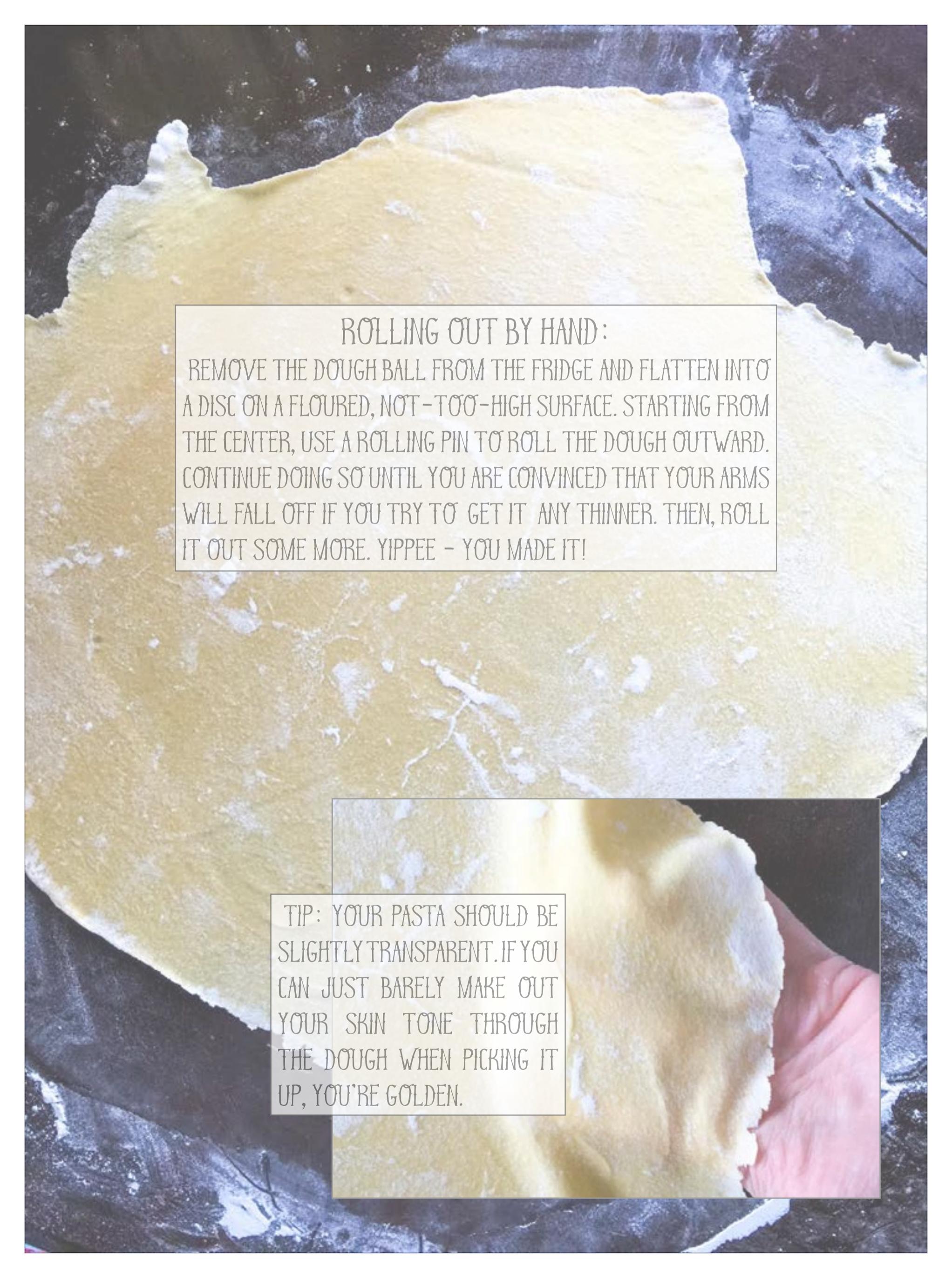


INSTRUCTIONS

WHISK THE FLOURS TOGETHER IN A BOWL AND TURN OUT ONTO A WORK SURFACE THAT'S LOWER THAN YOUR COUNTER (E.G. A KITCHEN TABLE). SHAPE IT INTO A MOUND AND CREATE A WELL IN ITS CENTER. CRACK THE EGGS INTO THIS WELL.

USING YOUR FINGERS OR A FORK, BREAK UP THE YOLKS AND SQUISH THE EGGS INTO THE FLOUR. YOU WILL NEED TO WORK QUICKLY TO PREVENT A RUNAWAY EGG MESS.

ONCE YOU'VE INCORPORATED THE EGGS INTO THE FLOUR, BEGIN KNEEDING THE SCRAGGLY MASS OF DOUGH. CONTINUE TO KNEED IT UNTIL IT BECOMES SMOOTH AND SLIGHTLY ELASTIC, WHICH WILL TAKE SEVERAL MINUTES. WRAP IN PLASTIC AND REFRIGERATE FOR AT LEAST A HALF HOUR. PROCEED ACCORDING TO YOUR RECIPE'S DIRECTIONS.

A large, thin, yellowish pasta sheet is being rolled out on a dark, textured surface. The dough is spread out, showing some flour dusting. The edges are slightly irregular and torn. The background is dark and appears to be a work surface.

ROLLING OUT BY HAND:

REMOVE THE DOUGH BALL FROM THE FRIDGE AND FLATTEN INTO A DISC ON A FLOURED, NOT-TOO-HIGH SURFACE. STARTING FROM THE CENTER, USE A ROLLING PIN TO ROLL THE DOUGH OUTWARD. CONTINUE DOING SO UNTIL YOU ARE CONVINCED THAT YOUR ARMS WILL FALL OFF IF YOU TRY TO GET IT ANY THINNER. THEN, ROLL IT OUT SOME MORE. YIPPEE - YOU MADE IT!

A close-up shot shows a hand holding a piece of the rolled-out pasta. The pasta is thin and translucent, with a yellowish hue. The hand is wearing a pinkish-red sleeve. The background is dark and textured.

TIP: YOUR PASTA SHOULD BE SLIGHTLY TRANSPARENT. IF YOU CAN JUST BARELY MAKE OUT YOUR SKIN TONE THROUGH THE DOUGH WHEN PICKING IT UP, YOU'RE GOLDEN.

ROLLING OUT BY MACHINE:

1. REMOVE THE DOUGH BALL FROM THE FRIDGE, BREAK OFF A PIECE THE SIZE OF A GOLF BALL, AND FLATTEN IT INTO A THIN RECTANGLE (KEEP THE REMAINING DOUGH COVERED).
2. SET YOUR PASTA MACHINE TO ITS WIDEST SETTING (FOR ME, THIS IS 1) AND CRANK THE DOUGH THROUGH THE MACHINE.
3. FOLD THIS RECTANGULAR SHEET OF DOUGH INTO THIRDS, JUST LIKE YOU WOULD FOLD A LETTER. RUN THIS DOUGH THROUGH THE MACHINE. REPEAT.
4. NOW, ADJUST THE SETTING TO THE NEXT WIDEST SETTING (2), AND RUN THE PASTA SHEET THROUGH AGAIN.
5. CONTINUE THIS PROCESS UNTIL YOU HAVE REACHED THE SECOND TO THE NARROWEST SETTING (8).
6. LAY THIS SUPER LONG SHEET ON A CLEAN TOWEL AND REPEAT STEPS 1-5 UNTIL YOU RUN OUT OF DOUGH.



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TIP: DON'T LET THE ROLLED OUT PASTA SHEETS TOUCH EACH OTHER BECAUSE THEY WILL STICK TOGETHER. IT'S FINE TO LAYER CLEAN TOWELS ON TOP OF THE PASTA.

TIP: PASTA SHEETS CAN GET EXTREMELY LONG. IF YOU STRUGGLE TO HANDLE THEM, JUST CUT THEM IN HALF AS NEEDED.

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TIP: ONCE THE PASTA HAS ENTERED THE MACHINE, YOU MUST CRANK IT OUT SWIFTLY; OTHERWISE, IT WILL GET STUCK. THIS IS NOT THE TIME TO POST SHOW-OFF UPDATES DEMOING YOUR SKEELZ TO INSTAGRAM!



NOW WHAT?

YOUR FRESH PASTA IS NOW READY TO BE CUT, FILLED, AND/OR STUFFED.

USE A ROLLING PIN TO TRANSFER A SHEET OF PASTA TO ANOTHER WORK AREA.

USE A KNIFE, PASTA CUTTER, OR PASTA MACHINE ATTACHMENT TO MAKE NOODLES OF ANY CONCEIVABLE SHAPE AND SIZE.

FRESH PASTA THAT IS OF A SINGLE LAYER COOKS VERY FAST IN SALTED WATER. FOR MOST NOODLES, TEST FOR DONENESS AT AROUND 3 MINUTES.



FOR RAVIOLI, TORTELLINI, AND RELATED PASTA TYPES, MAKE SURE THAT AIR ISN'T TRAPPED BETWEEN THE PASTA LAYERS. IF THERE IS, PRICK THE AIR BUBBLE WITH YOUR NAILS AND GENTLY PRESS THE DOUGH BACK TOGETHER. (THE BOTTOM TWO RAVIOLI HAVE SOME AIR BUBBLES I HAD TO REMOVE PRIOR TO BOILING).

ROLL INTO A ROTOLO (1), TURN YOUR SCRAPS INTO SHAPES (2), CUT INTO RIBBONS & DRY (3)

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NOW GO CHANNEL YOUR
INNER ITALIAN AND WHIP
UP SOME PASTA!

