**Pasta Notes**

Pasta Ingredients:

Flour

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Water

Eggs (optional)

*Plain dried pasta is off white while egg pasta has more of a golden color*

*Different colored pastas are also available but in limited shapes and varieties*

**Pasta types:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Long pasta** | **Short pasta** | **Soup pasta** | **Pasta for baking** | **Filled pasta** |
| Bucatini | Farfelle | Alfabeti | Lasagna | Pansotti |
| Angel hair | Maccheroni | Farfalline |  | Ravioli |
| Fettuccine | Penne | Fregola |  | Tortellina |
| Linguine | Rigatoni | Orzi |  | Tortelloni |
| Spaghetti | Pipe | Occhi |  |  |
| Zite | Gemilli | tubetti |  |  |
| Lasagnette | Rotelle | Stele |  |  |
| Vermicelli |  | Stellete |  |  |

**Cooking pasta:**

* What do you add to the water?

*Fresh pasta should be cooked for \_\_\_\_\_\_\_\_\_\_\_\_\_minutes*

*Dry pasta should be cooked for \_\_\_\_\_\_\_\_\_\_\_\_\_\_minutes*

How do you know when pasta is ready?

**Sauces:**

* The lighter the sauce the narrower the pasta
* Sauces that cling (those made with egg,cream,grated cheese,olive oil,butter and herbs)
* Chunky sauces go well with heavier pasta

*Types of sauces:*

**Fresh pasta:**

pasta:

* Makes about 1 lb
* Can be assembled by hand, in a food processor, it can be rolled out with a rolling pin and or rolled in a pasta machine
* Can be made ahead of time
* Keeps well at a cool temperature for about a week

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| --- | --- | --- |
| **Egg pasta** | **Spinach pasta** | **Eggless pasta** |
| *Ingredients:*  2.5 cups of unbleached all purpose flour  4 large eggs beaten  1 teaspoon olive oil  1/2 tsp salt | *Ingredients:*  2.5 cups of unbleached all purpose flour  4 large eggs beaten  1 teaspoon olive oil  1/2 tsp salt | *Ingredients:*  2 cups semolina flour  ½ cup warm water  ½ teaspoon salt |

**Home made pasta directions:**

**Preparing the dough by hand:**

1. Pour the flour onto a countertop
2. Make a wide hole in the center of the mound
3. Pour the eggs and the olive oil into the mound and begin stirring gradually incorporating some of the flour from the inside of the hole
4. When the dough forms a ball and becomes too firm sweep the remaining flour to one side. Lightly flour your hands and begin kneading. Push the dough away with the heels of your hands and pull it back towards you with your fingertips. Turn the dough as you are doing this
5. Continue this until the ball becomes somewhat smooth, feels moist, and is only slightly sticky. If the dough is too sticky add a small amount of flour at a time to get the right consistency
6. Put the dough aside and cover it with a bowl. Wash and dry your hands so that all the dry dough is removed. Scrape the counter surface to remove any hardened pieces of dough. Throw out these scrapes
7. Lightly dust your hands with flour. Continue kneading the dough until it is smooth , moist but no sticky. About 8-10 minutes. The color should be evenly yellow. The more the dough is kneaded the lighter and more resilient the pasta will be. Work quickly so that the dough does not dry out.

**Making the dough with a food processor or mixer:**

1. Pour eggs and olive oil into the mixer. Slowly add the flour
2. Mix until the dough forms a ball and cleans the inside of the bowl
3. Pinch the dough it should feel moist but not sticky
4. Place the dough on a lightly floured surface and knead for about one minute, adding more flour if necessary

**Letting the dough rest:**

Weather the dough is mixed by hand or machine it must rest for 30 minutes or up to 2 hours at room temperature covered with an inverted bowl

**Rolling out dough with a pasta machine:**

1. Place the dough on a lightly floured surface and knead for about one minute, adding more flour if necessary
2. Clamp the pasta machine to one end of a large countertop or sturdy table
3. Set the rollers at the widest opening and dust them lightly with flour
4. Cut the dough into 4-6 pieces
5. While you work with one piece keep the remanding pieces covered at all times
6. Take one piece and flatten it into an oval disk
7. Turn the handle of the pasta machine with one hand while the other guides the piece of dough through the rollers. If the dough sticks or tears dust it lightly with flour
8. Remove the pasta from the machine and fold lengthwise into thirds. Pass the dough through the machine again, flouring if necessary
9. Close the rollers slightly y moving the dial to the next notch. Pass the dough through the rollers. As the dough emerges lift it straight out so that it stays flat without wrinkling. Do not fold it.
10. Continue to pass the dough through the machine moving the dial up one notch each time until the desired thickness. This will vary according to the machine. Usually the second to last for fettuccine and flat pasta and the last notch for stuffed pasta. The past should be thin enough for you to see your hand through it without tearing. Do not reroll scraps of dough.
11. Lay the strip of dough on a lightly floured kitchen towel. Roll out the remaining dough In the same way. Make sure all the strips are equal in thickness. If the dough will be used for stuffed pasta cover the dough right away so it will remain soft.
12. Cut the dough into the desired size and shape while it is still soft
13. Making lasagna noodles- first cut the dough into 10 inch lengths. Loosely roll up a strip of dough and with a large knife cut the pasta crosswise into strips 3 inches wide

**Storing fresh pasta:**

1. May be used immediately ,frozen, or allowed to dry completely
2. Freezer- store on lightly floured baking sheets – when the pasta is firm gently gather it into a bundle and wrap it well in layers of plastic wrap or foil. Can be stored up to one month
3. Dried- place the pasta strips not touching on baking sheets. Cover each sheet with lightweight cloth kitchen towels. Do not covert with plastic or it will mold. Leave the strips at room temperature for several days until the pieces are completely dry and snap when broken.

**Tips for making pasta:**

1. Make pasta on a dry day- avoid making fresh pasta near a hot stove
2. Flour quantities vary according the weather and how , where, and how long it has been stored
3. Eggs vary in moisture content and lose moisture through their shells as they age.
4. When saucing fresh pasta use just enough sauce to coat the pasta without leaving a pool of sauce