

Taste the Rainbow

Fresh Pasta

Ingredients

300g '00' pasta flour, plus extra for dusting
3 large eggs, lightly beaten

Method

STEP 1

Put flour in a bowl or on a board, make a well and pour the eggs into the well

STEP 2

Mix the eggs with the flour using your hands or fork, mixing in a little at a time until everything is combined.

STEP 3

Knead together until you have a smooth lump of dough.

STEP 4

Knead the dough for as few minutes with your hands to develop the gluten in the flour, this is what makes the pasta stretchy. When its ready it will feel smooth and silky.

STEP 5

Wrap it in clingfilm and rest it 30 minutes

STEP 6

HOW TO ROLL YOUR PASTA

If rolling by hand you want to get the pasta as thin as possible, this is easiest by working with small pieces of dough. Dust the work surface with flour and roll out and cut into your preferred shapes, long thin strips for tagliatelle.

PASTA MACHINE

Follow manufacturers directions, again your looking to get your pasta nice and thin.

COOKING

Bring a large pan of salted water to the boil, add the pasta and cook for approx 3 minutes or until pasta rises to the surface, drain and serve with your favourite sauce.