



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Fresh Pasta

Makes 4 main-course servings or 8 first-course servings

You can mix and knead this in a stand mixer instead of by hand.

I've successfully substituted up to half of the all-purpose flour with whole wheat pastry flour.

1½ cups (7.2 ounces) all-purpose flour
2 eggs

1. Add the flour to a wide bowl, making a well in the center. Lightly beat the egg and add it to the well. Stir the flour and egg together until thoroughly mixed. Knead, adding flour as necessary to keep the dough from being sticky, until the dough is smooth and elastic, about 5 minutes. Don't be concerned if you need to add quite a bit of extra flour; the dough should be malleable but not at all sticky.
2. Divide the dough into 6 balls. Work with one ball of dough at a time and leave the others covered with a damp dishtowel. Flatten the dough slightly, then roll it through the widest setting on a pasta roller. Fold it in thirds like a piece of paper going into an envelope, then roll it through the pasta roller again, feeding it with one of the open sides first. If at any point the dough is sticky, brush it with flour. Repeat the folding into thirds and rolling a few times. Without folding, run the pasta through the widest setting once more. Adjust the pasta roller to the next-thinner setting and roll the dough through the machine. Continue to gradually thin the dough. For lasagna, thin to the third-to-last setting; for fettuccine and ravioli, thin to the second-to-last setting. Brush the dough with flour if it starts to stick at all. If the strip of dough becomes too long to handle, cut it into two shorter strips and work with each strip separately. Repeat the rolling, folding, and thinning with the remaining balls of dough, laying the sheets of pasta on dry dishtowels.
3. Bring 4 quarts water to a rolling boil in a large pot. When the water comes to a boil, add 1 tablespoon salt and the pasta to the boiling water and stir to separate the noodles. Cook until al dente, about 5 minutes. Drain and serve with your desired sauce.