



Hay Day Kitchen

Fresh Pasta

Who knew making pasta was so easy!!

In this episode we are making Fresh Pasta! We are also cutting them in various shapes for you to try out - like lasagna sheets, farfalle, tagliatelle and pappardelle! We've prepared a simple recipe and video, so you can follow along step-by-step.



YouTube

https://youtu.be/wW_PQaMfTZ4

Ingredients:

2 3/8 Cup Durum flour

1 Tbsp Olive oil

1 Tsp Salt

3 Eggs

Prep time: 1.5 h

Servings: 2-4 portions

Equipement: Measuring bowls and spoons, rolling pin, cutting board, knife, pot, pizza cutter, fluted cutter, plastic wrap.



Method:

- Measure your durum flour and salt on a working surface or in a bowl.
- Form a well in the middle of the flour, then fill it with your eggs and oil.
- Use a spoon, stirring in circular motions until the dough begins to harden.
- Knead the dough by hand for about ten minutes.
- Add a hint of water if the dough seems too dry. Finished pasta dough should be smooth and elastic.
- Knead the dough into a ball shape and seal tightly with plastic wrap.
- Let sit for at least 30 minutes.
- Sprinkle flour on your working surface. Cut off a piece of the pasta dough (about a quarter), and roll it out as thin as possible.
- Fold in three, and roll it out again, thin as you can. Do this at least three times.
- Cut your pasta dough using a knife or pizza cutter. Pick any shape you'd like -- for example, lasagna sheets, farfalle, tagliatelle or pappardelle!

Have fun!

Tagliatelle or Pappardelle:

- Loosely roll the pasta dough from both ends to meet in the middle.
- Use a sharp knife to cut thin slices for tagliatelle and wide slices for pappardelle.
- Gently unwrap, letting the slices sit and dry on a floured tabletop for 30 min before boiling.

Farfalle:

- Cut your rolled and ready pasta dough into 1 by 1 ½ inch rectangles.
- Use a fluted cutter to trim the short sides of the rectangle.
- Pinch the long sides together using your thumb and index finger to create a butterfly shape.
- Let slices dry on a floured table 30 minutes before cooking.



Lasagna Sheets:

- Using a knife or pizza cutter, slice out rectangular pasta sheets matching the shape and size of your baking dish.
- Make sure they're nice and thin.
- Let the lasagna sheets air dry on a floured table for 30 minutes.

Boiling pasta:

Fresh pasta is a little different than dry, store bought pasta. It takes less time to cook.

- Get started by bringing a large pot of salted water to a boil on high heat.
- Add in the fresh pasta, and then immediately stir gently so that it does not stick together.
- Cook for 2-4 minutes.
- Strain in a colander and use immediately.



What kind of Fresh Pasta did you make?

Submit a photo to our Fan Art Uploader!

Or post it on Instagram, using the hashtag #haydaykitchen