HOMEMADE EGG PASTA (QUICK)

Last Modified: 12/22/2015

F   EASY

PREP: 5 Min
COOK: N/A

PASTA

MAKES 1 POUND DOUGH

QUA	MEASURE	INGREDIENT	PROCESS
FOR RAVIOLI, FILLED NOODLES, TORTELLINI, BOW TIE, ETC.			
3	Large	Farm Fresh Eggs (Free Range)	Room Temp
2	Cups	Bread Flour (Caputo Blue Bag 00)	Sifted
1	Pinch	Sea Salt	
Scant	Tbsp	FRESH Extra Virgin Olive Oil (EVOO)	
		Water (As needed if the Dough is too dry)	
		00 Flour (As needed if the Dough is too wet)	
FOR LASAGNA, SPAGHETTI, FETTUCCINE, ETC.			
		USE THE ABOVE RECIPE	
		REPLACE THE 2 CUPS OF 00 BLUE BAG FLOUR BY:	
1 1/2	Cups	Bread Flour (Caputo Red Bag 00)	
		PLUS	
1/2	Cup	Semolina Flour (Bob's Red Mill)	

PREPARATION

FACTOID	This Noodle Dough is extremely quick and easy enough to make with little mess to warrant ALWAYS hand making your Noodles instead of purchasing dried.
HINTS	This 00 Dough is also <u>extremely</u> tender and tears easily while working and forming. I used to prefer Bread Flour for Mom K's Filled Noodles (using this process for the Dough).
FACTOID	This Recipe and its associated method is from a Restaurateur that owns 8 Italian Restaurants and serves ONLY daily-made fresh Pasta in all of them.
FACTOID	00 Flour is an indication of the "grind" ONLY (an almost talcum powder-like grind) - It has NOTHING to do with either the protein or gluten content. 00 Flour imparts a VERY tender and pleasing "mouth feel" to your Noodles. ALSO: Antimo Caputo Italian Flour is THE one to use. They make 2 kinds (Blue - Pizza Dough Version - Use within 30 to 60 minutes after mixing) and Red - Rinforzata - Breads & Pastas - Can be used immediately after you finish mixing).
HINTS	Substituting a little Semolina for an equal amount of 00 Flour makes the Noodle Dough better able to hold it's long shape (Spaghetti, Fettuccine, etc) during boiling.
TOOLS	1) Food Processor & Metal Blade 2) Stand Mixer & Noodle Press Attachment 3) Pastry Scraper 4) Pizza Wheel AND/OR Serrated Edge Cutters 5) Drying Rack OR Wooden Dowels 6) Water Spray Bottle
BOIL	**Fresh Pasta Boiling Times:** Roughly 4 minutes if the pasta is fresh and still flexible. A bit longer if it is dried.
PREP	Bring the Eggs to room temperature by setting them on the countertop for 1/2 hour.
FACTOID	DO NOT OVER-PROCESS THIS DOUGH! When finished, the Dough should resemble very coarse yellow sand. and pack easily together when lightly squeezed.

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1	**DOUGH:** In a food processor with a metal blade (NOT a plastic dough blade), add in the Flour, Semolina (if using) and Salt, Put on the cover. Crack in 1 Egg through the tube. Cover the top with your free hand. Pulse for 2 seconds three times.
2	**DOUGH:** Add in the last 2 Eggs. Cover the tube. Pulse for 2 seconds twice
3	**DOUGH:** Add in the EVOO. Pulse for 2 seconds twice.
4	Dump the Granules out onto a COLD surface (Countertop, Cutting Board, or Pizza Stone).
	KNEADING NECESSARY: Using your hands, gather the granules together and pack them into a smooth snowball. Place the snowball on the surface and knead the Dough by pressing down strongly in the center with the heel of your hand (If the Dough is sticky, dust your hands with Flour). Fold the Dough in half and continue pressing and folding until the Dough just comes together, for about 2 minutes.
5	Gently fold the kneaded Dough into a smooth round disk. Set it on the countertop while you assemble the pasta sheet roller attachment to the stand mixer. Set the thickness to the thickest setting (#1).
6	Using a pastry scraper, cut the Dough ball in half and the halves in half again. Lightly dust each triangle with the Flour you made it with.
7	Turn the stand mixer on low speed. Feed the first Flour dusted dough wedge, point down into the roller throat and guide it through, supporting the Dough as it comes out the bottom. Fold the rolled Dough in half and re-feed it through the roller at the #1 thickness setting two to three times more.
8	Decrease the thickness setting by 1 and increase the mixer speed to 3. Feed the Dough through again. (NOTE: If at any time the sheet appears to begin sticking to the rollers, lightly dust the sheet on both sides with Flour). Continue reducing the thickness by one and feeding the sheet through again until the desired thickness is reached. I use setting #5 for Mom's Filled Noodles (hand folded seams) and #6 for ANY Pasta that uses 2 layers, glued together using a wheel or biscuit cutter (Ravioli, Raviolo, Etc).
9	Once the desired thickness is reached (#5 for Filled Noodles & #6 for Bow-Tie Pasta), feed the sheet through a second time on the same thickness setting to ensure an even thickness it's entire length.
10	**"Folded" Dough Applications:** (Ravioli, Tortellini, Filled Noodles, etc.). Spritz the surface of the Dough that is to be stuck together with a very light coat of room temperature water (Pat any puddles with a flat piece of paper towel). Allow the dampened Noodles to set undisturbed for about 1 minute before attempting to stick them together.
11	Slice the dampened Noodle Sheets into the appropriate size's for your application. Use a final thickness setting of #6.
12	Fill the Noodles and seal the edges by pressing the dampened sides tightly together with your fingers.
10	**"Sliced" Dough Applications:** (Spaghetti, Fettuccine, etc.). Allow the 12" long Noodle Sheets to dry on the countertop for about 3 minutes and then dust them lightly on both sides with the Flour you used to make them, before slicing them into strips
FACTOID	When running sheets of Noodle Dough through a Spaghetti / Fettuccine cutting attachment, use a rolling pin to thinly roll out the first inch of the Dough Strip feed edge to help in starting the sheet evenly into the cutter.
11	Slice the Noodle Sheets into the appropriate size's for your application.
12	Drape the sliced Noodles over a wooden dowel to air dry for a minimum of 15 minutes.
FREEZING	Place the completed raw (NOT boiled) Pasta on a dry cookie sheet and place them in the freezer for 1 hour. Remove, place them loosely into zip lock bags, sucking the air out with a straw. Freeze the bags for up to 1 month. Separate & thaw them before cooking.

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