

# GERMAN / RUSSIAN EGG NOODLES

**F MEDIUM**

Last Modified: 12/30/2019

PREP: 10 Min  
COOK: N/A

PASTA

**MAKES 6 SERVINGS**

EGG NOODLES			
6	Large	Eggs	Beaten
6	Tbsp	Half & Half	
3	Tsp	Sea Salt	
4	Cups	All Purpose Flour	

PREPARATION	
<b>FACTOID</b>	This is an original recipe from Grandma Katie's kitchen, brought over from Russia when she and Grandpa immigrated to this country from the Steppes in 1911. Mostly because they were so ostracized as German immigrants living in a commune in Russia. We ARE of 100% German heritage, so I'm not certain if this "Communal" recipe is based in either German or Russian heritage.
<b>CAUTION</b>	I normally make a double batch of Noodle Dough & freeze one. A double batch is WAY too hard on the stand mixer motor. Mixing in two single batches is for certain the way to go.
<b>TOOLS</b>	1) Medium Mixing Bowl 2) Small Mixing Bowl 3) Stand Mixer & Dough Hook Head & Noodle Press Head
<b>PREP</b>	None
<b>CAUTION</b>	This simple Dough has a FANTASTIC mouth feel and chewy texture. It's only drawback being that as you roll it out, it tries to shrink back to its original shape almost immediately. Wait a couple of minutes before cutting for the shrinking to complete.
<b>HINTS</b>	Using a stand mixer noodle press head is the EASY way to go here. Make the final thickness setting to be at #3 for "chewier" Noodles (My Choice) or #4 for thinner Noodles. Roll out and cut each Noodle Strip before rolling out the next Strip. Do NOT let the Noodles get too dry before cutting.
<b>1</b>	Sift together the Flour and Salt. In a stand mixer with a dough hook, add the Flour Mixture, making a well in the center, add the Eggs and Half & Half in the well. Mix the Noodle ingredients together on medium speed until it becomes a smooth, sticky ball - about 10 minutes. Roll the Dough into a large smooth ball, seal in plastic wrap and let it rest for 2 hours. Cut the ball into quarters and roll out thin (1/16 inch thick) on a floured surface. Cut the sheet into even squares. Repeat for the remaining 3 quarters of the Dough Ball.