

HOMEMADE EGG PASTA

Last Modified: 11/15/2015

PREP: 45 Min
COOK: N/A

F EASY

PASTA

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
NOODLE DOUGH			
2	Large	Eggs	
6	Large	Egg Yolks	
2	Cups	Bread Flour (Caputo Red Bag 00)	
OR			
2	Cups	Bread Flour	
OR			
2	Cups	All Purpose Flour	
OR			
2	Cups	Any Combination Of Above Flours You Like	
1	Tsp	Kosher Salt	
2	Tbsp	Extra Virgin Olive Oil (EVOO)	
	Tbsp	Water (As Needed)	
1 1/2	Tsp	Baking Powder	(Optional)

PREPARATION

FACTOID	This Noodle Dough is very pliable and may be easily hand-rolled - It does NOT roll out and spring back like the Noodle Recipe found in "Mom K's - Casserole - Filled Noodles - Original" does. The Olive Oil makes the Dough much easier to roll out thin. The Egg Yolks are for flavor and structure.
HINTS	I usually make a double batch of this Dough for Lasagna and Pasta dinners with one set of leftovers.
FACTOID	00 Flour is an indication of the "grind" ONLY (fine ground) - It has NOTHING to do with either the protein or gluten content. Using 00 Flour imparts a VERY pleasing "mouth feel" to your Noodles.
TOOLS	1) Food Processor OR Stand Mixer & Dough Hook Head & Noodle Press Attachment 2) Pastry Scraper 3) Pizza Wheel Cutter
PREP	None.
HINTS	Substituting Bread Flour in place of the All Purpose Flour, makes for a lighter textured Noodle. Also, adding 1 1/2 teaspoons of Baking Powder to the dry ingredients will create "fluffier", less chewy Noodles.
1	In a stand mixer with a dough hook, add the Flour, making a well in the center. Sprinkle the Flour with Olive Oil. Add in the Eggs and Egg Yolks. Mix it on low speed for about 45 seconds, ONLY until it just becomes a smooth, tacky ball - NOT sticky. You may have to add a little water since the water content of Eggs (50%) is not consistent at all because of slight differences in the sizes of "large" Eggs), On a flat, lightly Floured surface, knead the Dough for 30 seconds and lightly roll the Dough out by hand into a long smooth Log about 2 inches in diameter and 6 inches long. Seal tightly in plastic wrap and let the Log rest in the refrigerator for a minimum of 4 hours - no longer than overnight.
2	Cut the Log into six equal pieces and VERY LIGHTLY dust one piece with Flour.

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CAUTION	Using too much dusting Flour at this point will create a Noodle that has a sticky, gummy layer on the outside when cooked. cover the remaining 5 pieces in the plastic wrap to keep them moist. Sprinkle Flour lightly ONLY on the surface of the counter and place the Dough on the counter to coat with the Flour - Do NOT EVER sprinkle Flour over the top of the Dough. Using your fingers only, press the piece out into a 4 inch x 4 inch square. The less Flour used during rolling, the better texture the Pasta will have.
HINTS	The Step #3 method is easiest by far, by using a mechanical Noodle Press attachment for your Stand Mixer. This method DOES make relatively "short" strips (6"). Start out with the thickness at maximum (Kitchen Aid #1) and send through the rollers 3 times (folding the Noodle strip up into thirds before the 2nd and 3rd passes). Reduce the thickness setting by 1 notch and send the strip through again - Repeat reducing the thickness until the strip reaches the desired thickness. (I use machine setting #3 as the "final" thickness for Mom K's Filled Noodles and setting #4 for Lasagna and Fettuccine and setting #5 for Spaghetti). Lightly dust with Flour if the strip begins to stick to the rollers.
3	OR: Hand roll thin (1/16 inch thick) on a very lightly Floured surface. Roll by starting the rolling pin in the middle of the square and roll upwards, move the pin back to the center and roll down - continue until you have a long sheet of pasta about 10 to 12 inches wide. Let the Pasta Sheet dry until the outer edges begin to harden to the touch.
NOTE	The easiest way to dry the long Noodle Strips is to place several wooden dowels between the flat backs of two kitchen chairs and drape the Noodle Strips over the dowels (without touching) until air dried.
4	<p>TO MAKE PASTA: Flip 2 inches of one end of the sheet and continue folding until the entire length is very loosely rolled up. (Too tight & they will stick together).</p> <p>Lasagna Noodles: Using a sharp knife, slice across the roll in 4 inch wide strips. Unroll the strips and allow them to air dry flat on the countertop.</p> <p>Soup Noodles: Using a sharp knife, slice across the roll in 1/2 inch wide strips. Unroll the strips and cut them into 2 inch long pieces. Allow them to air dry in small piles on the countertop.</p> <p>Fettuccine: Using a sharp knife, slice across the roll in 1/4 inch wide strips. Unroll the strips and drape them over wooden dowels. Allow them to air dry.</p> <p>Spaghetti: Using a sharp knife, slice across the roll in 1/16 inch wide strips. Unroll the strips and drape them over wooden dowels. Allow them to air dry.</p>
FREEZING	Place the air dried noodle pieces on a sheet pan (Not touching) and place in the freezer until solid. Place the frozen Noodles into zip lock bags, using a straw, suck out all of the air and seal tightly.

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