



PASTA FRESCA HOMEMADE

Pasta Fresca

Both fresh and dried pasta should be cooked al dente, tender but chewy. Use a large pot that is big enough to let the pasta float freely during cooking. Usually the rule is 5 quarts of water for each 1 pound

of fresh pasta or water for each 1 to 1 1/4 pounds of dried pasta. Bring the water to a full rolling boil, salt

it, and then add the pasta. As soon as the water returns to a boil start timing the pasta and stirring during the boil. The time will vary depending on the pasta though fresh pasta usually takes from 2-4

minutes depending on the thickness and for dried pasta it usually takes about 8-12 minutes. Check for

doneness at the earliest time noted. The importance for cooking with a rolling boil especially for fresh

filled pastas such as ravioli, is that they are more delicate and risk breaking apart.



INGREDIENTS

This is the base recipe for all pastas:

Ingredients:

Serves 4

400 g. of flour

4 eggs

4 T. of white wine

Pinch of salt

There are many ways to have your colored home made pasta!

Red with tomato paste, dark yellow with saffron, green with spinach, purple with beets, black with squid ink, brown with cocoa powder...you have just to get excited with your fantasy!!!



HOW TO MAKE THE PERFECT HOMEMADE PASTA:

On a work surface, preferably wooden, build the flour in a mound and make a well in its center.

Break

the eggs into the well and then add in the wine and the salt.

With a fork, lightly beat the eggs. Then in a circular motion, gradually incorporate flour from the sides of the well until combined.

With the heel of your hand knead the dough pushing it down and away and turning it repeatedly using a dough scraper if it sticks and continued until it is smooth and elastic for at least 10-15 minutes. If it sticks to the surface or seems a little soft, sprinkle it with flour. Gather dough into a ball.

Place dough in a bowl cover and let sit in refrigerator for ½ hours.