



## **TREA How-To Workshop Series on Local Food**

### **Today's Discussion: Pasta Maker with Pamela Reid**



#### **Steps on How to Use a Manual Pasta Machine**

##### **1. Prepare the Dough**

- Ingredients:
  - 1 and ½ cups of durum semolina flour
  - Pinch of salt, 1 tbsp of olive oil, 4 eggs
- On a clean surface, make a well by pouring the durum semolina, and then adding the eggs, salt, and olive oil so that the sides of the well are high enough so the eggs will not spill over.

##### **2. Knead and Rest the Dough**

- Bring the dough together into a ball by kneading it and adding additional flour as needed. Continue kneading for 5-10 minutes until the dough is smooth and elastic. Then wrap the ball of dough in either plastic or beeswax, let it rest for 30 minutes.

##### **3. Flatten the Dough**

- Set up your pasta machine by clamping it to a sturdy table, and then turn the dial to the widest setting, which is usually setting number 1. After 30 minutes, divide the pasta dough into 4 pieces, and then begin to flatten the dough into a rectangle shape by using a rolling pin or your hand.

##### **4. Begin Rolling**

- Fold the pasta dough in half each time as you roll it through the widest setting about 5 times. Next, begin rolling the pasta dough thinner by turning the dial to the next narrowest setting. Proceed to run the dough until it is as thin as you would like. Also,



if the pasta sheet gets too long, you can cut it in half with a knife and if necessary, sprinkle flour on the rollers and the dough lightly if it happens to stick.

#### 5. Form the Pasta

- Run the pasta sheet into the cutters of the pasta machine to make various shapes, such as linguini or spaghetti, and drape it over your hands as the noodles come out. Next, separate the noodles and place them on either a drying rack or spread them on a sheet pan that has flour on it to prevent sticking.

#### 6. Cook the Pasta

- Add your pasta into the boiling water adding a pinch of salt. Fresh pasta roughly takes about 1 to 2 minutes to cook, and it is ready once it lightens in colour, 'al-dente'. Finally, drain the pasta and serve it with your choice of sauce. Note, you can store the dry pasta in a jar, and keep the pasta dough in the freezer for up to 1 month.

#### Tips

- Avoid putting your fingers or other objects near or into any of the rollers to prevent personal injury.
- Be sure to clean the work area and any utensils used thoroughly to prevent cross-contamination.
- Clean the machine with cleaning wipes or damp clothes as opposed to submerging the stainless pasta machine in water to avoid corrosion.
- Do not use the same cutting board for cutting pasta that was used for raw meat unless it has been washed and dried correctly.
- Tie back loose hair, roll up long sleeves, and remove any jewellery before operating the machine.

#### To learn more about making pasta, visit:

- Flour + water: pasta by Thomas McNaughton with Paolo Lucchesi; photography by Eric Wolfinger
- Making artisan pasta: how to make a world of handmade noodles, stuffed pasta, dumplings, and more by Aliza Green with photography by Steve Legato
- Pasta: the essential new collection from the master of Italian cookery by Antonio Carluccio; photography by Laura Edwards

