

PPLD Young Adult Services Tutorial:

Pasta from Scratch!

Description:

Follow along with Laurel for this program, in which we make pasta from scratch and a simple and versatile pasta dish.

Supplies for Noodles:

- Rolling Pin, or Pasta Machine
- Fork
- Smooth counter or cutting board
- Medium or large pot
- 2 cups flour
- 3 eggs
- 1 tbsp olive oil

Supplies for Lemon Cream Pasta Dish

- 8 oz mascarpone cheese
- Juice of one large lemon
- Pinch of Salt
- Homemade noodles
- Extras: grilled chicken/shrimp/veggies

Link to Video Tutorial:

<https://youtu.be/5bniswReZAM>



Instructions:

1. Wash your hands, and clean your working space.
2. Dump two cups of flour onto clean working surface and form into a wide mouthed volcano (well).
3. Add eggs and olive oil into center of volcano.
4. Whisk with a fork, making sure to break yolks, and slowly incorporate flour from sides of the volcano. Mix with fork until flour is incorporated into dough.
5. Knead dough by folding and pressing with hands. Knead for 7 minutes and test dough by poking it. Finished dough should spring back. Knead until dough is springy and elastic. Refrigerate for 30 minutes.
6. Roll out chilled dough with rolling pin until thin. Fold in half and roll again. Fold once more and roll until it is as thin as possible.
7. Cut into desired noodle shape. Cook in boiling water 3-5 minutes, or dry on a rack or hangers for later use.
8. For Creamy Lemon Pasta, keep finished and strained noodles in hot pan.
9. In a separate bowl combine mascarpone, lemon juice and salt. Add mix to pasta, heat if necessary.
10. Plate with optional grilled extras, serve, and enjoy!