

Fresh Pasta with Gino Federici - The Italian Singing Gourmet.

This is a pasta you can make to eat fresh today or store for future use. To store you would let the pasta air dry, either on a pasta rack, clothes rack or just on a flat surface, turning to make sure all parts are dry and the pasta doesn't clump together. Then line a box with paper towels or flour sack towels and place dried pasta inside. Store in a cool dry place. We always made enough to last for a couple of months.

The pasta does not have to be dried for immediate use. Just fill a pot with lots of water (lots of water is always critical to good pasta) put in a tablespoon or two of salt and when the water is at a rolling boil drop in the pasta. Make sure you separate it as you put it in so it doesn't form a glob.

Fresh pasta cooks very quickly. Depending on the thickness it may only take 4 or 5 minutes. So watch it carefully. Overcooked pasta is a crime in Italy!

Here we go;

Place 2 1/3 cups flour on the counter. Don't use a bowl.

Make a hollow in the middle to put the following -

2 whole eggs
1 Tablespoon oil (we use olive oil but you can use vegetable or canola oil)
1/3 c water
1 teaspoon salt

Start to beat the mixture, with a fork, in the flour pushing up the sides of the flour to make sure the liquid doesn't spill out. This will help to incorporate the flour into the liquid. Keep pushing the flour in and mixing with the fork. When the mixture becomes very thick you can start using your fingers. Push the flour into the liquid and your fingers won't get all sticky. Start kneading the mixture together. All of the flour will be incorporated into the mixture. Do not add any more flour.

Knead for 10 minutes..be sure to keep track of the time. It must be kneaded for 10 minutes. The dough will become very elastic and smooth.

Now wrap the dough in plastic wrap, or put a bowl over it, and let it rest for 20 minutes. This is a very important step. The flour has to have the time to absorb the liquid.

After the dough has rested cut it into quarters and use one piece at a time. Letting the others stay under the bowl, it keeps them from drying out.

Take your piece of dough, get a little flour and knead it a few times. You can now put it through the pasta machine or roll out with rolling pin and cut.

A quick and easy pasta. Make some tonight! It's so delicious.