

# Matthew May's

## TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

### FRESH PASTA MAKING WOKSHOP

## FRESH PASTA

**700 grams flour**

**7 eggs**

**pinch of salt**

**4 quarts water**

**1-tsp salt**

Make a mound with the flour on a clean counter or cutting board. Create a well in the center of the flour so that the counter or cutting board is visible. Make the well about 4-5-inches in diameter. Crack the eggs into the center of this well. Using a fork, break all the yolks and scramble the eggs inside the well. Slowly, begin to incorporate some of the flour, working your way around the inside of the well. Continue combining flour into the egg until a dough begins to form. Now, using your hands or bench scraper, begin to knead the dough picking up just enough flour so that the dough is no longer tacky or sticky. There will be flour not used in this process. Leave the flour on the counter, as it will be used when it's time to roll the dough. Continue kneading the dough for 10 minutes. Kneading the dough is critical as it is creating the gluten structure needed for the consistency and texture. Form a ball with the dough and wrap with plastic wrap and set in refrigerator for at least 30 minutes to allow the dough to rest. If you do not let the dough rest for at least 30 minutes, the dough will not roll or stretch properly, and will spring back. You must allow the gluten strands to relax (rest). After 30 minutes, unwrap the dough and place on the counter, with the flour leftover from making the dough. Cut the dough into quarters. Use one quarter of the dough at a time, while keeping the remaining dough wrapped with the plastic wrap to prevent it from drying out. Using a rolling pin, give the dough a few whacks to flatten the dough. Begin rolling the dough until you achieve your desired thickness. (Rule of thumb is that you should be able to see light and movement through the sheet of pasta.) Depending on your choice of noodle, you may cut your pasta with a knife or roll it through the pasta machine. Be sure to keep the pasta well-floured to prevent it from sticking to itself.

At this point, you can portion your noodles and freeze them, store them in the refrigerator until ready to use, or continue to the next step to cook them. If cooking the entire batch of pasta, bring 4 quarts of water to a boil over medium-high heat. Add 1-tsp. salt to the water; stir to combine. Drop the noodles into the water and stir gently so the noodles do not stick to the bottom of the pan or to themselves. Allow to cook 2-3 minutes. Take a noodle out the boiling water and taste it. It should have a bit of a 'chew' to it (al dente). Al dente translates to 'to the tooth' meaning it has a bit of chew or resistance. Before draining the pasta, remove 1-cup of the pasta cooking water. This starchy, salty water can be used in your sauce to

thicken or loosen the consistence of it. Drain the pasta in a colander in the sink. Do not rinse the pasta, as the starch will help your sauce stick to it. Serve pasta with your favorite sauce.

***FOR PASTA WORKSHOP, THIS RECIPE WAS CUT IN HALF AND MAKES ABOUT 3 PORTIONS OF NOODLES (enough for three people).***

## **'NOT SO CLASSIC' ALFREDO SAUCE**

**¼-cup butter, unsalted**  
**1-cup cream**  
**1 garlic clove, crushed**  
**1½-cups freshly grated Parmesan cheese**  
**¼-cup chopped fresh parsley**  
**Cracked black pepper to taste**

In a medium saucepan, melt butter over medium-low heat. Add crushed garlic and cream. Simmer for 5-10 minutes, then add cheese, black pepper and parsley and whisk quickly to fully incorporate the cheese and cream. Simmer for another 5 minutes then serve with your choice of pasta. Pasta cooking water may be added to loosen or tighten the sauce.

## **QUICK MARINARA SAUCE**

**1 can 15-ounce crushed tomatoes**  
**1/8-tsp. sugar (to balance the acidity of the tomatoes)**  
**¼-tsp. dry oregano**  
**¼-tsp. dry basil leaves**  
**¼-tsp, garlic powder**  
**¼-tsp. granulated or dry onion**  
**dash salt**  
**¼-cup grated or shredded Parmesan cheese for garnish**

In a small saucepan, combine all ingredients (except for the cheese); stir and simmer on low heat for 10-15 minutes. Taste, and adjust seasoning if needed.

To turn this quick sauce into a meat sauce, simply sauté and brown ¼-pound ground beef and ¼-pound ground pork BEFORE adding the remaining ingredients.

## **PESTO**

**3-cups fresh basil leaves**  
**1-cup pine nuts, chopped walnuts or almonds (optional)**  
**4 garlic cloves, peeled**  
**¼-cup grated Parmesan cheese**  
**1-cup good olive oil**  
**cracked black pepper to taste**

In a food processor, blend together the basil leaves, nuts, garlic, and cheese. While still mixing, slowly drizzle the olive oil in to emulsify the pesto. Stir in black pepper to taste. Store in refrigerator for 2 weeks.