

# Mt Eliza Primary School Kitchen Garden Program



## **Basil Pesto Pasta**

**Equipment:** 

Measuring scales and spoons

Mixing bowls - 1 large, 1 small

Clean tea towels

Cook's knife

Pasta machine with fettuccine cutter

Pastry brush

Slotted spoon

Colander

Large saucepan

Serving dish

Ingredients:

Pasta

400g plain (all purpose) flour

2 tsp salt

4 eggs (70g eggs)

<u>Sauce</u>

Basil pesto sauce (stored from last week, approx. 1

cup)

Parmesan cheese (finely grated)

Fresh basil leaves to garnish

#### What to do:

 Heat a large pan of salted water on a high heat until boiling. Then reduce heat to maintain a gentle boil.

### To make the pasta dough:

- Weigh the flour and then combine it with 2 teaspoons of salt in the bowl of the food processor. With
  the motor running, add the eggs. Process for a few minutes until the dough clings together and feels
  quite springy. If it is too dry and crumbly, add the yolk of a 5<sup>th</sup> egg, process and test consistency
  again before adding the additional egg white as well if necessary.
- Tip the dough onto a clean dry workbench. Knead for a few minutes until it's smooth and elastic, then wrap in cling film and rest at room temperature while you prepare the sauce and grate the Parmesan.

#### To roll the pasta:

- Set up your pasta machine. All surfaces must be clean and dry. Divide the dough into 2 pieces and press each into a fat rectangle about 8cm wide.
- Set the rollers on the pasta machine to the widest setting and pass the dough through the flat rollers. It will probably look quite ragged at this stage.
- Fold it in 3, turn it 90 degrees and roll it through again. Repeat this process another 1-2 times, until it looks neater and more regular in shape. From this point onward, you do NOT need to fold the dough any more.
- Go to the next thickest setting and pass the dough through 3-4 times.
- Repeat this process for each setting, up to the sixth or seventh setting. Don't use the thinnest settings as the dough gets too fine and is hard to manage.
- Flour the work surface and your pasta machine rollers and LIGHTLY dust your pieces of pasta in between each setting, to ensure pasta doesn't stick. Roll the pasta through the cutting blades to make Fettuccine.
- Allow pasta to dry on a baking sheet for 5-10 min, before cooking in the salted water for 3-4 minutes.
- When pasta is all dente, reserve ¼ cup of the cooking water before draining the pasta in the colander.
- Drizzle lightly with 1-2 tablespoons of olive oil and gently stir through the pesto sauce, using a little of the reserved cooking water to loosen the pesto if necessary.
- Serve with finely grated Parmesan cheese and freshly ground black pepper, and a sprinkle of fresh, chopped basil.