

Egg Free Pasta

<p>Equipment:</p> <p>Pasta machine Food processor Scales Measuring cups and spoons Chopping board Chef's knife Grater Large saucepan</p>	<p>Ingredients:</p> <p>3 cups flour 1 cup of warm water 2 tablespoons of olive oil</p>
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What to do:

To roll the pasta:

1. Set up your pasta machine. All surfaces must be clean and dry. Divide the dough into 4 pieces and press each into a rectangle about 8cm wide.
2. Set the pasta machine to the widest setting (0) and pass the dough through the flat rollers. It will probably look quite ragged at this stage.
3. Fold it in 3, turn it 90 degrees and roll it through again. Repeat this process another 1-2 times.
4. Go to the next thickest setting (1) and pass the dough through 3-4 times.
5. 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.
6. 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.
7. Allow pasta to dry in a single layer on a baking sheet for 5-10 min, before cooking in the salted water for 3-4 minutes.
8. When pasta is cooked (al dente) drain using a colander and return to the saucepan, drizzle over the remaining oil and stir through your chosen pasta sauce. Mix well and serve with freshly grated Parmesan cheese and cracked pepper.

To make the pasta dough for the next group:

1. Put flour in large mixing bowl, making a well in the centre.
2. Add wet ingredients to well and very slowly mix together with a fork, incorporating only a little flour at a time so it mixes smoothly and evenly. The more patient you are with this the better it will turn out.
3. Continue kneading by hand for about 10 minutes, let rest for a half hour covered with a towel. Repeat a couple times until dough is smooth and silky, and just slightly sticky.

Note: Boiling fresh pasta takes significantly less time than dry pasta. Depending on the shape, cook for 30 seconds to 2 minutes.