

## CULINARY FLOURS & SEMOLINAS, SPECIALTY FLOURS

# PASTA CHALLENGE TIPS & RECIPE

Following the amazing response to our Victorian team's Pasta Challenge, we call our Mauri followers to join in! To give you a kick-start, here are the teams tips and a recipe for fresh semolina pasta.

## TIPS

The team had a number of tips to share from their pasta adventures:

- I found when making Gnocchi, it is best to steam the potatoes not boil so you don't get too much moisture in them.
- When making spaghetti, make sure you dust with flour after final thickness is achieved to stop it sticking together and becoming a big clump.
- It's not as difficult as it sounds/looks. Make sure you have plenty of Semolina for dusting and roll it as thin as you can!

However John Maurici, our resident industry pie judge and pasta connoisseur summed it up pretty well!

### 1. Trust Your Gut

Making pasta from scratch is really more about a feeling, rather than measurements. Depending on the humidity, the flour, the size of the eggs, you may need more or less flour going along, so getting a feel for the dough is essential.

### 2. Take A Rest

After kneading, it will be time for a rest - for the dough that is! Let the dough relax for at least an hour before proceeding. This will make it smoother and easier to deal with when rolling it out.

### 3. Salt Cooking Water Generously

Pasta water should be salted to taste like the ocean (or the Mediterranean!) - because that is going to flavour the homemade pasta.

### 4. Fresh Pasta Freezes Well

Fresh pasta can also be frozen for future meals. Just put the baking sheet of pasta into the freezer for about 15 minutes - to keep the pasta bundles from sticking together - and then transfer to a freezer bag, removing as much air as possible. Frozen pasta should be cooked directly from the freezer. Add about 30 seconds to 1 minute to the cooking time.

### 5. Last tip

If nothing work out, call mum (Mrs Maurici) and let her know that you're bringing the family over for a fresh plate of pasta at her house!

So now you have the tips covered, lets dive into the recipe so you can get involved!

## FRESH SEMOLINA EGG PASTA RECIPE

## INGREDIENTS

### INGREDIENTS

Mauri Durum Semolina

Mauri Plain Flour

### WEIGHT

1 Cup

1/2 Cup

(and an extra 1/2 cup for dusting bench)

<b>INGREDIENTS</b>	<b>WEIGHT</b>
Large Eggs	2
Olive Oil	2 Tbsp
Water	2 Tbsp
Salt	1/2 Tsp

## **METHOD**

### **STEP 01**

Mix all ingredients well with your hands in a suitable sized bowl till a sticky dough forms.

### **STEP 02**

Turn the dough out onto a floured surface and proceed to knead by grabbing the top of the dough, folding from the top by half. Then using the heel of your hand, press the folded dough into the fold firmly. Turn the dough 1/4 turn and repeat. Add flour as needed to aid in the process or absorb excess moisture. Proceed to knead for 10 minutes. (Or you could just bring out the Hobart mixer and watch this process!)

### **STEP 03**

Once the dough is smooth on the outside, you need to place it into a plastic bag and let it rest in the fridge for 20 min or even overnight if desired.

### **STEP 04**

Once rested, you may proceed with the sheeting process using your Pasta Machine or roll it out using a rolling pin. For the Pasta Machine, use the largest setting and then run it through, dusting the pasta with flour first and in between. Then fold it in half and repeat this 6 times. Let it rest for a few minutes and then proceed to run sheeted pasta through the rollers going down each number on the dial until you get the desired thickness.

NOTE: For Ravioli, roll until you can see the shadow of your hand behind the pasta.

If you are cutting Pappardelle or Fettuccinie, you may want to leave it thicker, same for Spaghetti.

Sheeted pasta may also be cut on the table with the wavy wheel cutter. Try cutting rectangles and pinching them in the centre to make Farfalle.

### **STEP 05**

Once the Pasta is sheeted, you may proceed with filling for Ravioli or cook and drain large squares to create Manicotti, Cannelloni or Lasagne.

### **STEP 06**

Cut long Pasta may be frozen in sealable bags and cooked in salted boiled water when needed. You may also have the water going and once the pasta is cut, drop it in. Now that's fresh Pasta!

### **STEP 07**

Fresh Egg Pasta does not take long to cook. Be sure you have plenty of salted boiling water and taste the water to be sure there is enough salt for your taste. Drop the Pasta in to the boiling water and stir to prevent sticking. After 3 minutes or when the Pasta begins to float to the top grab a piece and take a bite. (Use tongs or a spoon) The Pasta should be tender to the bite but not "mushed"!

### **STEP 08**

Drain the Pasta immediately and toss with a small amount of Olive Oil, do not rinse it! Now top with your favourite sauces & enjoy!

## **ORDER NOW**

Contact your Mauri Account Executive or our Customer Service Team on 1800 649 494.