

Pasta Dough



Ingredients:

- 200 grams Double "O" Flour or pasta flour
- 2 Whole eggs
- 1 tablespoon olive oil
- 1 teaspoon salt

Method:

- 1) Weigh the flour into a medium size bowl
- 2) Add the salt oil and eggs, mix with a wooden spoon. The dough will be chunky and crumbly.
- 3) Clean the dough off the wooden spoon and place in the sink.
- 4) Use your hand to squeeze the dough together to form a ball of dough. (if it is too dry add a few DROPS of water and squeeze again).
- 5) Place onto the bench without any flour as this will make the dough to dry, unless of course your dough is too wet! Then you should have a little flour on the bench.
 - THE DOUGH SHOULD BE ON THE DRY SIDE NOT WET BUT NOT CRUMBLY EITHER.
- 6) Use the pasta kneading technique to activate the gluten and mix the wet ingredients evenly through the dough. This should take about 8 minutes....

Pasta kneading technique:

Squeeze and push the dough on the bench with your hands or hand if your hand is big enough to cover the dough.

Do not fold and knead as this will dry the dough out and cause it to fall apart.

- 7) Place the dough onto a cutting board and cut in half, place one piece into glad wrap to stop it from drying out. Process the other half into the pasta you would like to eat by using the pasta machine.

