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COMMENT

Making homemade lasagna— Part 3 Key tips to making fresh pasta

This is week three of a four-week series on homemade lasagna. Today you will see the recipe for fresh pasta. If you've never made it before, you might want to watch a YouTube video, as it's really all about the procedure.

There are a few key points. First, kneading the pasta— it really should be kneaded for about five minutes or so. The dough should be soft, smooth and elastic. Don't keep adding tons of flour, the idea is to have as light a dough as possible, so just add a little sprinkle if it becomes sticky.

Next, it should rest for 30 minutes before rolling out.

Third, assuming you are using a hand-crank pasta machine, you don't ever wash these in a sink of water— only brush them with a dry pastry brush and wipe them down with a dry cloth. If you get it wet inside, there is no good way to dry it, so then you get rust and your future pasta will be



What's Cookin'

affected. Having said that, it's also important to make sure the pasta going through the machine is not sticky, as you don't want it to get all gummed up on the interior. So, a sprinkle of flour every time you come across a slightly sticky bit.

Once you've got your lasagna noodle rolled out, I like to lay mine over a broom (draped with clean towels) suspended between two chairs. The noodles can rest there while you make more noodles.

Last, they call it fresh pasta because its fresh— not dried, not frozen! So, make the noodles the same day you assemble the lasagna for best taste.

Have fun and keep cooking!

Fresh Pasta

INGREDIENTS

- 3 whole eggs
- 1 egg yolk
- 1 tsp olive oil
- 1 tsp salt
- 1 and 3/4 to 2 cups all purpose flour

METHOD

1. Place flour on countertop and dig a well in the center.
2. Break the eggs in a dish and add the salt and oil. Mix well.
3. Pour the egg mixture into the well.
4. With a fork, beat the eggs a bit and then a little at a time pull the flour in and



mix together.

5. When most of the flour is incorporated, use your hands to knead the dough for 4-5 minutes until a smooth firm dough is formed adding dustings of flour as needed.

6. Cover with plastic wrap and let dough rest for 30 minutes.

7. Create favourite shapes using pasta machine and then cook in salted, boiling water.

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