



COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES
PASTA 101
COLORFUL PASTA

WITH SUR LA TABLE CHEF

MENU:

SPINACH TAGLIATELLE
BEET TAGLIATELLE
TOMATO TAGLIATELLE

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Produce

- 3 ounces fresh spinach
- 1 small beet

Dairy

- 8 large eggs

Pantry Items

- All-purpose flour
- Fine kosher salt
- Semolina flour
- Tomato paste

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Paring knife
- Cutting board

Hand Tools/Gadgets

- Digital scale (optional)
- Bench scraper
- Measuring cups and spoons
- Pizza or ravioli cutter (optional)
- Tongs
- Colander
- Silicone spatula

Appliances

- Pasta maker or stand mixer with pasta attachment
- Food processor

Cookware

- Stockpot

Bakeware

- 3 large baking sheets

Other

- Plastic wrap
- Kitchen towels

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.

All Recipes

1. Clear a large work area for pasta making.
2. Have your pasta maker or stand mixer with a pasta attachment ready to use.
3. Sprinkle the baking sheets with semolina flour.
4. Prior to class, roast or boil beet and cool completely.

SPINACH TAGLIATELLE

Yield: 2-3 servings

Tagliatelle, pappardelle, tagliolini are just a few of our favorite hand-cut ribbon pasta. The only difference between the shapes is the width in which it is cut. Tagliatelle, meaning “cut” in Italian, is cut to 1/3-inch, pappardelle to 3/4-inch and tagliolini to 1/8-inch. The general rule of thumb for the sauce is the wider the ribbon, the heavier the sauce.

3 ounces spinach, washed and trimmed

1/2 teaspoon fine kosher salt, plus more for salting water

1 large egg

1 large egg yolk

1 1/4 cups (6 1/4 ounces) all-purpose flour, plus more for dusting

Semolina flour, for dusting pasta and surfaces

1. **To blanch spinach:** Fill a large pot of water and bring to a rolling boil. Generously salt water. Add spinach to boiling water and cook until tender, about 30 seconds. Using tongs, transfer spinach to a colander and rinse under cold water. Thoroughly spin dry spinach in a salad spinner or wring dry in a clean kitchen towel.
2. **To prepare dough:** To the bowl of a food processor fitted with a metal blade, purée spinach. Add eggs and yolk to purée and process until well combined. Add flour and 1/2 teaspoon of salt and process until dough comes together, about 20 seconds.
3. Transfer dough to well-floured surface. Knead dough until it is smooth and flexible but not sticky, adding small amounts of flour as needed, 6 to 8 minutes. Gather dough into a ball and flatten into a disk. Cover in plastic wrap and allow dough to rest for at least 10 minutes and up to 1 hour at room temperature.
4. **To roll out and cut dough:** Secure a pasta machine to edge of a long countertop. Using a bench scraper, cut dough into 2 pieces. Keep extra dough covered in plastic wrap while working with one piece. With a rolling pin or your hand, roll or flatten dough into a rough rectangle that will fit inside widest setting of pasta machine. Roll dough through machine, catching it with one hand as you roll with other. Take dough and trifold it like a letter. Turn dough so one open end faces machine and roll it through on widest setting again. Fold, turn and roll once more on the widest setting.
5. Continue rolling pasta through machine without folding, adjusting rollers to a smaller setting each time. Roll out each sheet to second to last thinnest setting. If pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.
6. **To shape the tagliatelle:** Liberally flour one sheet of pasta and loosely roll it into a cylinder. Using a sharp knife, cut roll into 1/3" ribbons. Unwrap ribbons, toss them with semolina flour

and form into piles on baking sheets dusted with semolina. The pasta can be cooked immediately or covered with plastic wrap and refrigerated for up to 24 hours before use.

7. To cook the pasta: To a large pot of water set over high heat, add water to 2/3 full and bring to a boil. Generously season water with salt. Add pasta and stir immediately to prevent tagliatelle from sticking together. Boil until al dente, 2 to 3 minutes. Reserve 1 cup of pasta water and drain pasta through a colander. Use reserved pasta water to thin your chosen pasta sauce.

8. To freeze the pasta: Transfer shaped tagliatelle on baking sheet to freezer. Once frozen, transfer hard pasta to a plastic storage bag. The pasta can be kept frozen for up to 2 months. The pasta does not need to be thawed before cooking. When ready to prepare, follow the “to cook the pasta” instructions above. Frozen pasta will take an extra 1-2 minutes to fully cook.

Recipe variations:

- Spinach tagliatelle is wonderful paired with creamy sauces like carbonara or cacio e pepe.

BEET TAGLIATELLE

Yield: 2-3 servings

1 small beet, roasted or boiled peeled
1 1/4 cup (6 1/4 ounces) all-purpose flour
2 large eggs
1 large egg yolk
1/2 teaspoon fine kosher salt
Semolina flour

1. **To boil beet:** Fill a large pot with water and bring to a rolling boil. Generously salt water. Trim and scrub beet. Add to boiling water and cook until tender, about 30 minutes. Using tongs, remove beet and allow to cool completely. Using a paring knife, remove skin from cooled beet.
2. **To roast beet:** Preheat oven to 400°F. Trim and scrub beet. Wrap beet in foil and roast in oven until tender, about 45-55 minutes. Allow the beet to cool completely. Using a paring knife, remove skin from roasted beet.
3. **To prepare dough:** To the bowl of a food processor fitted with a metal blade, purée beet. Add eggs and yolk to purée and process until well combined. Add flour and 1/2 teaspoon of salt and process until dough comes together, about 20 seconds.
4. Transfer dough to well-floured surface. Knead dough until it is smooth and flexible but not sticky, adding small amounts of flour as needed, 6 to 8 minutes. Gather dough into a ball and flatten into a disk. Cover in plastic wrap and allow dough to rest for at least 10 minutes and up to 1 hour at room temperature.
5. **To roll out and cut dough:** Secure a pasta machine to edge of a long countertop. Using a bench scraper, cut dough into 2 pieces. Keep extra dough covered in plastic wrap while working with one piece. With a rolling pin or your hand, roll or flatten dough into a rough rectangle that will fit inside widest setting of pasta machine. Roll dough through machine, catching it with one hand as you roll with other. Take dough and trifold it like a letter. Turn dough so one open end faces machine and roll it through on widest setting again. Fold, turn and roll once more on the widest setting.
6. Continue rolling pasta through machine without folding, adjusting rollers to a smaller setting each time. Roll out each sheet to second to last thinnest setting. If pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.
7. **To shape the tagliatelle:** Liberally flour one sheet of pasta and loosely roll it into a cylinder. Using a sharp knife, cut roll into 1/3" ribbons. Unwrap ribbons, toss them with semolina flour

and form into piles on baking sheets dusted with semolina. The pasta can be cooked immediately or covered with plastic wrap and refrigerated for up to 24 hours before use.

8. **To cook the pasta:** To a large pot of water set over high heat, add water to 2/3 full and bring to a boil. Generously season water with salt. Add pasta and stir immediately to prevent tagliatelle from sticking together. Boil until al dente, 2 to 3 minutes. Reserve 1 cup of pasta water and drain pasta through a colander. Use reserved pasta water to thin your chosen pasta sauce.

9. **To freeze the pasta:** Transfer shaped tagliatelle on baking sheet to freezer. Once frozen, transfer hard pasta to a plastic storage bag. The pasta can be kept frozen for up to 2 months. The pasta does not need to be thawed before cooking. When ready to prepare, follow the “to cook the pasta” instructions above. Frozen pasta will take an extra 1-2 minutes to fully cook.

Recipe variations:

- Toss beet tagliatelle with toasted walnuts, fresh ricotta and extra virgin olive oil.

TOMATO TAGLIATELLE

Yield: 2-3 servings

2 tablespoons tomato paste

2 large eggs

1 large egg yolk

1 1/4 cup (6 1/4 ounces) all-purpose flour

1/2 teaspoon fine kosher salt

Semolina flour

1. **To prepare dough:** To the bowl of a food processor fitted with a metal blade, purée tomato paste, eggs and yolk until well combined. Add flour and 1/2 teaspoon of salt and process until dough comes together, about 20 seconds.
2. Transfer dough to well-floured surface. Knead dough until it is smooth and flexible but not sticky, adding small amounts of flour as needed, 6 to 8 minutes. Gather dough into a ball and flatten into a disk. Cover in plastic wrap and allow dough to rest for at least 10 minutes and up to 1 hour at room temperature.
3. **To roll out and cut dough:** Secure a pasta machine to edge of a long countertop. Using a bench scraper, cut dough into 2 pieces. Keep extra dough covered in plastic wrap while working with one piece. With a rolling pin or your hand, roll or flatten dough into a rough rectangle that will fit inside widest setting of pasta machine. Roll dough through machine, catching it with one hand as you roll with other. Take dough and trifold it like a letter. Turn dough so one open end faces machine and roll it through on widest setting again. Fold, turn and roll once more on the widest setting.
4. Continue rolling pasta through machine without folding, adjusting rollers to a smaller setting each time. Roll out each sheet to second to last thinnest setting. If pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.
5. **To shape the tagliatelle:** Liberally flour one sheet of pasta and loosely roll it into a cylinder. Using a sharp knife, cut roll into 1/3" ribbons. Unwrap ribbons, toss them with semolina flour and form into piles on baking sheets dusted with semolina. The pasta can be cooked immediately or covered with plastic wrap and refrigerated for up to 24 hours before use.
6. **To cook the pasta:** To a large pot of water set over high heat, add water to 2/3 full and bring to a boil. Generously season water with salt. Add pasta and stir immediately to prevent tagliatelle from sticking together. Boil until al dente, 2 to 3 minutes. Reserve 1 cup of pasta water and drain pasta through a colander. Use reserved pasta water to thin your chosen pasta sauce.

7. To freeze the pasta: Transfer shaped tagliatelle on baking sheet to freezer. Once frozen, transfer hard pasta to a plastic storage bag. The pasta can be kept frozen for up to 2 months. The pasta does not need to be thawed before cooking. When ready to prepare, follow the “to cook the pasta” instructions above. Frozen pasta will take an extra 1-2 minutes to fully cook.

Recipe variations:

- Tomato tagliatelle is truly versatile. Toss in Bolognese, marinara, or a simple brown butter and toasted sage leaves.

TYPES OF PASTA

Fresh pasta is a completely different product from dried pasta. Fresh pasta is typically made from eggs and all-purpose flour. Dried pasta dough is typically made with water and semolina, a flour with much higher gluten content. The structure of semolina pasta dough makes it sturdy enough to be forced through extruders into the numerous shapes we see in the grocery store. Also, semolina pasta dries very well which results in a product with a long shelf life. Flour and egg pasta dough, on the other hand, is more delicate and best enjoyed fresh. Fresh pasta is easy to make at home and can be rolled and cut by hand, or by using a pasta machine. Below are a few guidelines for making and using fresh pasta.

MAKING FRESH PASTA

- Traditionally, pasta is made by piling the flour on a work surface, making a “well” in the center, adding the eggs and mixing everything together. To make the process easier to handle, place the flour in a large mixing bowl, combine the ingredients and turn everything out on a work surface for kneading.
- Kneading pasta in quantities typically made at home is best done by hand. To knead, gather the dough in a ball, press downward on it with the heel of your hand, fold the dough onto itself and repeat. Properly kneaded pasta dough should be very smooth and supple but not sticky, which should take 5 to 10 minutes.
- It is important to allow the dough to rest, wrapped in plastic wrap, at least 10 minutes and up to an hour at room temperature before rolling. If you try to roll the dough before it rests, the dough will be too elastic and will spring back when rolled.
- When rolling pasta dough, make sure to flour it generously with semolina to prevent sticking. When the pasta sheet emerges from the rollers, catch it on the back of your hand, rather than with your fingertips, to avoid making indentations in the dough sheet.
- Pasta dough can be kept in the refrigerator for up to 24 hours or wrapped in airtight packaging and frozen for up to a month.