



COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES
PASTA 101
FILLED PASTA

WITH SUR LA TABLE CHEF

MENU:

RICOTTA HERB FILLING
RAVIOLI
TORTELLINI
AGNOLOTTI
HOMEMADE PASTA DOUGH

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

- 1 lemon
- 1 bunch flat-leaf parsley
- 1 bunch basil

Dairy

- 11 large eggs
- 2 1/4 cup whole-milk ricotta cheese
- 1/2 cup grated Parmigiano-Reggiano

Pantry Items

- 5 cups all-purpose flour
- Fine kosher salt
- Semolina flour
- Extra-virgin olive oil
- Freshly ground pepper

Equipment Needed

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

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Digital scale
- Bench scraper
- Measuring cups and spoons
- Fork
- Whisk
- Wooden spoon
- Large mixing bowl
- Medium mixing bowl
- Pizza cutter (optional)
- Fluted cutter (optional)
- Ravioli cutter (optional)
- Pastry brush
- Microplane or citrus zester

Appliances

- Pasta maker or stand mixer with pasta attachment

Bakeware

- 3 large baking sheets
- Disposable or canvas pastry bag
- Medium round pastry tip
- 3" round pastry, cookie cutter or drinking glass

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. You will prepare 2 recipes of Homemade Pasta Dough in separate bowls.
5. You will shape 1/2 a recipe of each shape, plus a bonus 1/2 recipe for the shape of your choice.
6. 30 minutes prior to class, place ricotta in a fine-mesh strainer and drain of excess liquid.

HOMEMADE PASTA DOUGH

Yield: 4 servings

Fresh pasta dough is so easy to make, you'll wonder why you never did it before. In class, you will prepare two full batches of dough.

2 1/2 cups (12 1/2 ounces) unbleached all-purpose flour, plus more for dusting

1 teaspoon fine kosher salt

4 large eggs

1 tablespoon extra-virgin olive oil

Semolina flour, for dusting pasta and surfaces

1. ***To make the dough:*** To a large mixing bowl, add the flour and salt and whisk to combine. Make a "well" in the center of the flour mixture and add the eggs and oil. Using a fork, blend the eggs into the flour mixture, stirring the flour in from the sides of the well and working outwards. When the pasta dough is thoroughly mixed, turn it out on a lightly floured work surface. Knead the dough until it is smooth and flexible but not sticky, adding small amounts of flour as needed; about 5 minutes. Shape the dough into a ball and flatten it into a disk. Cover with plastic wrap and allow to rest for at least 20 minutes or up to an hour at room temperature.

RICOTTA HERB FILLING

Yield: 3 cups filling

2 1/4 cups whole-milk ricotta cheese, drained of excess water

1 tablespoon lemon zest

1/2 cup freshly grated Parmigiano-Reggiano cheese

1 teaspoon kosher salt, plus more to taste

1 teaspoon freshly ground black pepper, plus more to taste

3 tablespoons fresh flat-leaf parsley, minced

3 tablespoons fresh basil leaves, thinly sliced

3 large eggs, lightly beaten

1. **To prepare filling:** Strain ricotta in a fine-mesh sieve over a medium bowl for at least 30 minutes to remove excess liquid. Transfer ricotta to a medium bowl, add lemon zest, Parmigiano-Reggiano, salt, pepper and herbs; using a silicone spatula, fold to combine. Taste and adjust salt and pepper. Whisk in eggs.

2. Transfer filling to a pastry bag fitted with a medium round tip. Chill until filling pasta dough.

RAVIOLI

Yield: 4 servings

Originating in ancient Arab cuisine, ravioli came to Sicily in the 14th century and became the most famous and beloved of the pasta ripiena or filled pasta. Whether square, round, triangular or half-moon shaped, ravioli are ubiquitous throughout the culinary world.

1 recipe Homemade Pasta Dough (recipe included)

1 recipe Ricotta Herb Filling (recipe included)

Water

Fluted pasta cutter or ravioli cutter (optional)

Semolina flour, for dusting

- 1. To roll 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 piece of 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 the machine and roll it through on widest setting again. Fold, turn and roll once more on widest setting.
2. Continue rolling pasta through machine without folding, adjusting rollers to a smaller setting each time. Roll out each sheet to thinnest setting. If pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling. Set sheets on a floured work surface. Cover sheets with a clean kitchen towel while rolling the remaining dough.
- 3. To fill ravioli:** Lay one rolled out pasta sheet on a lightly floured work surface. Measure 2 inches in from one end of the pasta sheet and 2 inches down from top edge and spoon or pipe 2 teaspoons of filling on that spot. Continue to drop 2 teaspoons of filling, spaced 2 inches apart, until you come to the end of the pasta sheet. Using a small pastry brush, lightly brush pasta dough around and between filling mounds with water. Lay a second sheet of pasta on top and press down around filling to press out any air. Using a fluted pasta cutter or knife, trim border of dough and cut between mounds to create the ravioli. Transfer shaped ravioli to a floured baking sheet and cover with a clean kitchen towel. Repeat with remaining pasta sheets and filling.
- 4. To cook pasta:** Heat a large pot of water over high heat until boiling. Generously season water with salt. Add pasta and stir gently to prevent pasta from sticking together. Boil until pasta rises to top of water, filling is hot and pasta is cooked through, about 3 to 4 minutes.
- 5. To freeze pasta:** Transfer shaped pasta 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 pasta” instructions above. Frozen pasta will take an extra 1-2 minutes to fully cook.

TORTELLINI

Yield: 4 servings

Fresh tortellini seems complicated to make, but by following a simple folding procedure and spending a little extra time, you can have delicious fresh tortellini! If you want to stock up, freeze uncooked tortellini in a single layer, then transfer to sealable bags for long-term storage.

1 recipe Homemade Pasta Dough (recipe included)

1/3 recipe Ricotta Herb Filling (recipe included)

3" pasta cutter

Water

Semolina flour, for dusting

- 1. To roll 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 piece of 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 widest setting.
2. Continue rolling pasta through machine without folding, adjusting rollers to a smaller setting each time. Roll out each sheet to thinnest setting. If pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling. Set sheets on a floured work surface. Cover sheets with a clean kitchen towel while rolling the remaining dough.
3. Using a 3-inch pastry cutter, cut rounds from dough. Dust tops of pasta rounds with flour and cover loosely with a clean kitchen towel or a piece of plastic wrap. Repeat until all pasta dough is used.
- 4. To fill tortellini:** Gather pasta rounds, filling, a baking sheet coated with flour and a small bowl of water. Line up 3 pasta rounds and spoon or pipe 1 teaspoon of filling in center of each round of pasta. Dip your finger in bowl of water and run it along edge of round to moisten. Fold dough over to form a half-moon and press to seal. Next, draw two corners together to form a rounded bonnet shape and press ends tightly together to seal. Place tortellini on floured baking sheet and repeat with the remaining dough rounds.
- 5. To cook pasta:** Heat a large pot of water over high heat until boiling. Generously season water with salt. Add pasta and stir gently to prevent pasta from sticking together. Boil until pasta rises to top of water, filling is hot and pasta is cooked through, about 3 to 4 minutes.

6. **To freeze pasta:** Transfer shaped pasta 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 pasta” instructions above. Frozen pasta will take an extra 1-2 minutes to fully cook.

AGNOLOTTI

Yield: 4 servings

This type of ravioli is called agnolotti and is a specialty of Piedmont. Instead of being made from two squares of pasta, they are made from one piece folded in half. The pasta sheet may be circular or rectangular.

1 recipe Homemade Pasta Dough (recipe included)

1/2 recipe Ricotta Herb Filling (recipe included)

Water

Fluted pasta cutter (optional)

Semolina flour, for dusting

- 1. To roll 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 piece of 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 the machine and roll it through on the widest setting again. Fold, turn and roll once more on the widest setting.
2. Continue rolling pasta through machine without folding, adjusting rollers to a smaller setting each time. Roll out each sheet to thinnest setting. If pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling. Set sheets on a floured work surface. Cover sheets with a clean kitchen towel while rolling the remaining dough.
- 3. To fill and shape agnolotti:** Place one pasta sheet on a work surface horizontally. Using a pastry brush, lightly brush pasta sheet with water. Pipe a straight line of filling lengthwise 1" from the top on the pasta sheet, leaving enough pasta at top to fold over filling. Fold pasta over to cover filling, forming a tube. Using a fluted pasta cutter, a pizza cutter, or a sharp knife cut filled tube of pasta away from rest of sheet, making sure to keep sealed strip intact. Using your thumbs and index fingers, pinch tube of filled pasta into equal-sized portions creating a seal between pockets of filling. Using fluted pasta cutter, a pizza cutter, or a sharp knife, separate sections. Repeat with remaining pasta sheets and filling.
- 4. To cook pasta:** Heat a large pot of water over high heat until boiling. Generously season water with salt. Add pasta and stir gently to prevent pasta from sticking together. Boil until pasta rises to top of water, filling is hot and pasta is cooked through, about 3 to 4 minutes.
- 5. To freeze pasta:** Transfer shaped pasta 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 pasta" instructions above. Frozen pasta will take an extra 1-2 minutes to fully cook.

TYPES OF PASTA

Fresh pasta is a completely different product from dried pasta. Fresh pasta is typically made from eggs and all-purpose. 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.