



COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES
PASTA 101
HAND-SHAPED PASTA

WITH SUR LA TABLE CHEF

MENU:
FARFALLE
TAGLIATELLE
GARGANELLI
HANDMADE 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.

Dairy

- 8 large eggs

Pantry Items

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

Equipment Needed

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

Cutlery

- Chef's knife

Hand Tools/Gadgets

- Digital scale
- Bench scraper
- Measuring cups and spoons
- Fork
- Large mixing bowl
- Pizza cutter (optional)
- Fluted ravioli cutter (optional)
- 1/4-inch wooden dowel, chopstick, or pencil
- Gnocchi board (optional)

Appliances

- Pasta maker or stand mixer with pasta attachment

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. 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.

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.

FARFALLE

Yield: 2-3 servings

Affectionately called bow-ties stateside, farfalle translates to butterflies in Italian. These little beauties come from the northern regions of the boot and are best paired with cream or tomato-based sauces.

1/2 recipe Homemade Pasta Dough (recipe included)

Water

Semolina flour

- 1. To roll out and cut the dough:** Secure a pasta machine to the edge of a long countertop. Using a bench scraper, cut the dough into 2 pieces. Keep the extra dough covered in plastic wrap while working with one piece. With a rolling pin or your hand, roll or flatten the piece of dough into a rough rectangle that will fit inside the widest setting of the pasta machine. Roll the dough through the machine, catching it with one hand as you roll with the other. Take the dough and trifold it like a letter. Turn the 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 the pasta through the machine without folding, adjusting the rollers to a smaller setting each time. Roll out each sheet to the second to the last thinnest setting. If the pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.
- 3. To shape the farfalle:** Lay 1 sheet of pasta out on a flat, lightly floured surface. With a roller cutter or knife, cut the pasta lengthwise into long 1 1/2-inch strips. Then cut each long strip (this time with a fluted roller if desired) into 2-inch rectangles. Cover rectangles with a damp kitchen towel while you work to prevent over-drying. Wet your fingers and with your thumb and index finger, pinch the center of a pasta rectangle into a bowtie and press firmly to secure. Continue cutting and pinching the remaining pasta sheets and rectangles. Lay the farfalle out in a single layer 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.
- 4. 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 the pasta and stir immediately to prevent the farfalle from sticking together. Boil until al dente, 2 to 3 minutes. Reserve 1 cup of pasta water and drain the pasta through a colander. Use the reserved pasta water to thin your chosen pasta sauce.
- 5. To freeze the pasta:** Transfer the shaped farfalle on the baking sheet to the freezer. Once frozen, transfer the 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.

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.

1/2 recipe Homemade Pasta Dough (recipe included)

Semolina flour

- 1. To roll out and cut the dough:** Secure a pasta machine to the edge of a long countertop. Using a bench scraper, cut the dough into 2 pieces. Keep the extra dough covered in plastic wrap while working with one piece. With a rolling pin or your hand, roll or flatten the piece of dough into a rough rectangle that will fit inside the widest setting of the pasta machine. Roll the dough through the machine, catching it with one hand as you roll with the other. Take the dough and trifold it like a letter. Turn the 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 the pasta through the machine without folding, adjusting the rollers to a smaller setting each time. Roll out each sheet to the second to the last thinnest setting. If the pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.
- 3. To shape the tagliatelle:** Liberally flour one sheet of pasta and loosely roll it into a cylinder. Using a sharp knife, cut the roll into 1/3-inch ribbons. Unwrap the 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.
- 4. 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 the pasta and stir immediately to prevent the tagliatelle from sticking together. Boil until al dente, 2 to 3 minutes. Reserve 1 cup of pasta water and drain the pasta through a colander. Use the reserved pasta water to thin your chosen pasta sauce.
- 5. To freeze the pasta:** Transfer the shaped tagliatelle on the baking sheet to the freezer. Once frozen, transfer the 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.

GARGANELLI

Yield: 2-3 servings

Garganelli starts as a flat square that is transformed into a cylinder to hold Bologna's most revered dish, Bolognese. Similar to the size and shape of penne, this pasta is hand-shaped on a gnocchi board to create ridges that trap rich meat ragù.

1/2 recipe Homemade Pasta Dough (recipe included)

Semolina flour

1/4-inch wooden dowel, chopstick, or wooden pencil

Gnocchi board (optional)

- 1. To roll out and cut the dough:** Secure a pasta machine to the edge of a long countertop. Using a bench scraper, cut the dough into 2 pieces. Keep the extra dough covered in plastic wrap while working with one piece. With a rolling pin or your hand, roll or flatten the piece of dough into a rough rectangle that will fit inside the widest setting of the pasta machine. Roll the dough through the machine, catching it with one hand as you roll with the other. Take the dough and trifold it like a letter. Turn the 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 the pasta through the machine without folding, adjusting the rollers to a smaller setting each time. Roll out each sheet to the second to the last thinnest setting. If the pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.
- 3. To shape the garganelli:** Lay 1 sheet of pasta out on a flat, lightly floured surface. With a roller cutter or knife, cut the pasta lengthwise into 2-inch squares. (Allow the squares to dry uncovered 5 minutes before rolling.) Position one square on your gnocchi board or a flat surface so it lays in a diamond shape. With the dowel, press the top point of the square and start rolling it around the dowel towards you. If you are using a gnocchi board, the garganelli will have small ridges. If shaping on a flat surface, the garganelli will be smooth. After the garganelli is completely rolled up, remove it from the dowel. Lay the garganelli in a single layer on the 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.
- 4. 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 the pasta and stir immediately to prevent the garganelli from sticking together. Boil until al dente, 2 to 3 minutes. Reserve 1 cup of pasta water and drain the pasta through a colander. Use the reserved pasta water to thin your chosen pasta sauce.
- 5. To freeze the pasta:** Transfer the shaped garganelli on the baking sheet to the freezer. Once frozen, transfer the 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 "to cook the 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, for 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.