



COOKING CLASSES

AT SUR LA TABLE

# FRESH PASTA WORKSHOP

WITH SUR LA TABLE CHEF

# 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 garlic clove
- 2 bunches fresh basil
- 1 lemon

## Dairy

- 4 eggs
- Unsalted butter
- 1 cup grated Parmigiano-Reggiano cheese

## Pantry Items

- 3 cups unbleached all-purpose flour
- 1/2 cup semolina flour
- Kosher or sea salt
- Extra-virgin olive oil
- Black peppercorns in a grinder or freshly ground
- 1/4 cup pine nuts

# Equipment Needed

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

## Cutlery

- Chef's knife or paring knife

## Hand Tools/Gadgets

- Mixing bowls, various sizes
- Fork
- Measuring cups and spoons
- Digital scale, optional
- Pastry brush
- Colander or pasta insert for saucepan
- Heat-safe liquid measuring cup
- Whisk
- Wooden spoon
- Tongs
- Microplane or cheese grater
- Citrus juicer (optional)
- Pepper mill or grinder
- Pasta cutter wheel

## Cookware

- Large saucepan for cooking pasta
- Large skillet

## Appliances

- Tabletop pasta roller, such as Atlas or KitchenAid stand mixer with pasta rolling attachments (must have one of these)
- Food processor, blender, or mortar and pestle

## Tabletop

- Serving bowls or plates

## Other

- Plastic wrap

# 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.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

## All Recipes

1. Have your produce washed and dried. Gather ingredients and tools prior to class for efficiency.

## TYPES OF PASTA

Fresh pasta is a completely different product from dried pasta. Fresh pasta is typically made from eggs and all-purpose or “00” flour, a very finely ground flour from Italy. Dried pasta dough is typically made with water and semolina, a flour with a 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 up to 24 hours or wrapped in airtight packaging and frozen for up to a month.

## HOMEMADE PASTA DOUGH

**Yield:** 4 servings

Fresh pasta dough is so easy to make, you'll wonder why you never did it before.

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*12 1/2 ounces (2 1/2 cups) unbleached all-purpose flour, plus more for dusting  
1 teaspoon fine sea salt  
4 large eggs  
1 tablespoon extra-virgin olive oil  
Semolina flour, for dusting pasta and surfaces*

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1. **To make the dough:** Place flour and salt in a large mixing bowl and whisk to combine. Make a well in the center of the flour mixture and add eggs and oil. Using your fingers, 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 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 into a disk. Cover with plastic wrap and allow to rest for at least 20 minutes or up to an hour at room temperature.

2. **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 4 pieces. Keep extra dough covered in plastic wrap while working with one piece. With a rolling pin, roll 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.

3. Continue rolling the pasta through the machine without folding, adjusting the rollers to a smaller setting each time, until the desired thickness is reached. If the pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.

4. Cut sheets to desired shapes and sizes, toss with semolina flour and set aside covered with a clean kitchen towel. The pasta can be cooked immediately or covered with plastic wrap and refrigerated for up to 24 hours before use.

## SPAGHETTI CACIO E PEPE

**Yield:** 2 servings

The name of this sauce translates into “cheese and pepper” and with just a few basic ingredients, this dish is the ultimate testament to the simplicity of Italian cooking. Pick the best quality ingredients you can find to really make this dish shine.

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*1/2 recipe Homemade Pasta Dough, cut into spaghetti strands  
1 tablespoon extra-virgin olive oil  
2 teaspoons freshly ground black pepper, plus more for serving  
1 tablespoon unsalted butter, cut into cubes  
1/2 cup finely grated Parmigiano-Reggiano cheese, plus more for serving  
Kosher salt*

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1. Cook pasta in boiling, salted water for about 2 minutes, until al dente. Reserve 1 cup pasta water and drain pasta in a colander.
2. Meanwhile, to a large skillet set over medium heat, add olive oil and pepper. Cook until pepper is fragrant, about 1 minutes. Add butter and whisk until melted completely. Carefully add a few tablespoons of reserved pasta water and whisk to emulsify.
3. Using a fork or tongs, add cooked pasta to skillet and stir to coat with the sauce.
4. Reduce heat to low and add Parmigiano-Reggiano. Toss and stir until the cheese melts and combines with sauce. Adjust the consistency of pasta by adding reserved pasta water 1 tablespoon at a time. Taste and adjust seasoning with salt and pepper.
5. **To serve:** Transfer pasta to a warmed serving bowl or divide between plates and serve immediately. Garnish with additional Parmigiano-Reggiano.

### **Recipe variations:**

- Substitute your favorite dried pasta. For best results, cook 2 minutes less than the package recommends.

## HAND CUT PASTA WITH PESTO

**Yield:** 2 servings

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*1 large garlic clove  
1/4 cup pine nuts, toasted  
2 cups loosely packed basil leaves  
1/2 cup extra-virgin olive oil  
2/3 cup grated Parmigiano-Reggiano cheese, plus more for garnish  
1 lemon, zested and juiced, plus more as needed  
Kosher salt and freshly ground black pepper  
1/2 recipe Homemade Pasta Dough, hand cut  
Semolina flour, for dusting work surfaces and pasta*

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- 1. To prepare pesto:** To the bowl of a food processor, add garlic, pine nuts and basil; pulse until roughly chopped. Add olive oil, pulsing to combine but not emulsify. Transfer pesto to a large bowl and add cheese, lemon zest and lemon juice; stir by hand to combine. Taste and adjust seasoning with salt and pepper.
- 2. To cook the pasta:** Heat a large pot of water over high heat until boiling. Generously season water with salt. Add pasta and stir immediately to prevent the pasta from sticking together. Boil until al dente, 2 to 3 minutes. Reserve 1 cup of pasta water and drain pasta through a colander.
- 3. To serve:** Add hot pasta to large bowl with pesto and stir to combine; adjust sauce consistency with reserved pasta water if needed. Taste and adjust seasoning with salt, pepper and lemon juice.

### **Recipe variations:**

- Pine nuts are traditional to this pesto, but feel free to make your own versions using toasted walnuts, almonds or pumpkin seeds. Extra pesto can be kept in the refrigerator for 2 weeks or frozen for up to 3 months.
- Your favorite dried pasta can be substituted for fresh pasta. Follow cooking instructions on package.