



Egg Pasta: Rustic, Homemade, and Hand-Cut



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Hello my friends.

It's quite easy to be intimidated by homemade pasta. Especially when it conjures images of an experienced Italian Nonna, bellied up to her kitchen counter with her sturdy, capable hands rolling out dough faster than should be humanly possible.

Don't be so hard on yourself though - that Nonna has had lots of practice. In Italy, the various regions (and many towns) have a pasta that they're known for. That specific pasta is often only made in a small area and its very survival depends on one set of hands showing another how it's done. Nonna takes her job very seriously, as she should.

With a very basic recipe and a little bit of guidance, you can also be bellied up to your own kitchen counter, happily hand-cutting long strips of tagliatelle or stuffing little tortellini with fresh ricotta.

Pasta is one of those extremely beautiful, and simple, foods that only requires someone to show you how to make it. Years ago, a small group of Italian women - including Carla Bartolucci, founder of Jovial Foods - showed me. This is how the dough should feel in your hands, they'd say. It's too thick! Too big! Try again, they'd encourage. They were my Nonna. Capable hands teaching the inexperienced ones. Now, I look forward to sharing that with you.

Pasta making is about slowing down. So put on some beautiful music, pour a glass of wine, and enjoy the process. It should never be rushed and should always be shared.

Let's make some beautiful pasta.

Shaye





Supplies:

1. All-purpose Einkorn flour

My preferred flour for egg pasta is all purpose einkorn flour. This flour is soft and has a very weak gluten, making it ideal for soft, egg pasta. The egg works to bind the weak flour together and the beautiful, yellow color of the yolk and the flour shine through the finished pasta.

2. Type “OO” flour:

The most popular type of flour for egg pasta is type “OO” flour. This is available online or from your grocery store. I always opt for organic flour, never bleached or enriched in any way.

3. High-quality eggs from pastured hens

4. Large rolling pin or Pasta rolling machine

5. Large work surface

6. Knife



BASIC EGG PASTA

There are two major types of pastas: semolina and egg. Today, we will be concentrating on egg pasta. This type of pasta is more common in the Northern regions of Italy and is made with two simple ingredients: flour and eggs.

INGREDIENTS

Per Serving

- 90 grams all-purpose einkorn flour or "OO" flour
- 55 grams eggs

For one pound of pasta

- 455 grams all-purpose einkorn flour or "OO" flour
- 258 grams eggs



Instructions for Tortellini

1. Prepare basic egg pasta dough.
2. Let the dough rest under a dampened tea towel for 20-30 minutes.
3. Roll the dough until it's very thin (should be able to just see your fingers through the dough) with a roller or roll it in a pasta machine to 2mm (1/8") thickness.
4. Cut the dough sheet into 2" squares.

Instructions for Tagliatelle

1. Prepare basic egg pasta dough.
2. Let the dough rest under a dampened tea towel for 20-30 minutes.
3. Roll the dough until it's thin with a rolling pin or roll it in a pasta machine to 3mm (just over 1/8" thickness).
4. Roll the pasta sheet up on your roller, slip it off the end, and use a knife to cut the dough into 1/4" strips. Alternatively, you can cut the pasta on your pasta machine's tagliatelle cutter. Sprinkle the tagliatelle with flour and toss carefully to separate the noodles.

Instructions for Malfattini

1. Prepare basic egg pasta dough.
2. Let the dough rest under a dampened tea towel for 20-30 minutes.
3. Roll the dough until it's thin with a roller or roll it in a pasta roller to setting #4.
4. Tear the pasta into small pieces and place on a floured tray.



Pasta is just the beginning.

My philosophy for all cooking is that it should be delicious, easy to prepare, nutrient-rich, and budget friendly.

I created the The Elliott Homestead Cooking Community for one simple reason

...

I want to share my kitchen with you.

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