

References & Resources

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<http://www.pasta-recipes-made-easy.com> [types of pasta & some images]

<http://www.barillaus.com> [Pasta-Sauce pairing tips]

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*Buon
Appetito!*

Couples Cooking Class Handout, April 2010

Homemade Italian Pasta & Sauces



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THAT'S AMORE!

[illegible]

PASTA COOKING TIPS

- Use at least 4 quarts of water per pound of pasta
- Add a generous tablespoon of salt to boiling water
- Adding oil can prevent foaming but also prevents the sauce from stickling to the pasta after it is cooked.

BREADS

Savory Italian Bread

2 ¼ cups warm water 2 tablespoons olive oil
 1 tablespoon granulated sugar 1 tablespoon garlic salt
 1 1/2 tablespoon Italian seasoning 2 tablespoons instant yeast
 6 to 6 ½ C. all-purpose or bread flour or part whole wheat flour

In large mixing bowl, stir together water, oil, sugar, garlic salt, Italian seasoning, yeast and 3 cups of the flour. Beat 3 minutes.

Gradually add enough of the remaining flour to make a soft dough. Knead 10-12 minutes by hand or with dough hook. Place dough in a greased bowl, turn once to grease top. Cover, let rise until doubled.

Punch down dough and divide into 2 pieces and form them into round loaves. Place on greased or parchment lined large baking sheet. Brush with olive oil, cover with plastic wrap, and let rise until doubled.

Beat together 1 egg white and 1 tablespoon water until frothy. Brush on loaves.

Option: Carefully cut slits on top of the loaves. Bake in preheated 400°F oven 30-35 minutes until golden brown.

Makes 2 loaves.

Quick & Easy Bread Sticks

1 tablespoon instant yeast
 1 ½ cups warm water
 1 tablespoon powdered milk
 1 tablespoon honey
 1 teaspoon salt
 3 ½ to 4 cups flour

In bowl, mix water, yeast, powdered milk, honey and salt. Add enough flour to form a firm ball. Knead about 5-10 minutes. Divide dough into 12 pieces and roll into sticks. Place on greased cookie sheet. Brush with melted butter or olive oil. Sprinkle with any combination of parmesan cheese, garlic salt, sesame or poppy seeds. Cover and let rise 15-30 minutes. Bake at 400° about 15 minutes.



MAKING HOMEMADE PASTA

Pastas can be divided into three categories: **Dried Semolina Pasta**, **Fresh Egg Pasta**, and **Fresh Eggless Pasta**.

Dried Semolina Pasta: This is the pasta we typically find in our grocery store in shapes such as capellini (angel hair), elbow macaroni, farfalle (butterflies or bow ties), fettuccine, fusilli (spiral pasta), lasagna, penne, spaghetti and more. This pasta is made from durum wheat flour (called semolina in Italy) and water. Durum wheat is high in protein, produces an elastic dough, and springy, resilient noodles. These qualities, which work well in a commercial setting, are not as suited for home use. It is difficult to achieve a good quality homemade pasta with durum wheat and water.

Fresh Egg Pasta: Fresh egg pasta is delicate in flavor and texture and the wheat and strong egg flavors complement each other. Fresh pasta absorbs sauces better than dried pastas. Homemade pasta tastes much better than anything you can buy and is a fairly simple project, requiring only a few tools. A food processor can make the dough quickly and requires less effort than traditional hand-methods. Fresh egg pasta can be rolled and cut by hand or by machine. Egg pasta is typically used to make spaghetti, fettuccine, or lasagna as well as filled pastas such as ravioli or tortellini. Fresh egg pasta may be cooked immediately or dried for about 2 hours then sealed in a plastic bag and placed in the freezer for longer storage (use within 1 to 2 months). Add frozen pasta directly to salted boiling water and increase cooking time by a few minutes. For one pound of fresh egg pasta, you will need about 4 quarts of well-salted water.

Fresh Eggless Pasta: This type of pasta is more common in southern Italy and is hand-molded into cavatelli (mini hot-dog buns) or orecchiette (meaning “small-ear”). These pastas use a combination of semolina pasta or whole wheat pasta and all-purpose flour to make a more workable dough. This dough is stiffer and is best kneaded in a food processor. A final hand-kneading gives the dough a smooth, elastic finish. This dough does not require resting time because the dough is shaped, not stretched. Cut a rope of dough into small pieces and then use a knife to shape. To shape cavatelli, press your index finger against the blade of a butter knife to flatten dough. Pull knife toward you, allowing dough to drag across the work surface and curl around the tip of the knife. To shape orecchiette, use a butter knife and press into dough piece to form a shallow concave disk. Place index finger of other hand against the curved outside, put down knife and push the disk over your finger, turning it inside out. Transfer pasta to a jellyroll pan dusted with flour so pasta will not stick to each other.

This class will focus on making and using Fresh Egg Pasta.



cavatelli pasta



orecchiette pasta

FRESH EGG PASTA

2 cups all-purpose flour, sifted
3 large eggs, slightly beaten

YIELD: about 1 pound of noodles (serves 4 to 6) or filled pasta (serves 6 to 8)

Table-Mixing: Sift your measured flour into a pile on the table or countertop and make a well in the center. Add eggs to the well and begin to stir with a fork or whisk, pulling in the flour a little at a time until dough begins to form. Continue hand-kneading using remaining flour until dough is smooth, about 1 to 2 minutes.

Bowl-Mixing: Break eggs into bowl and whisk slightly. Add flour and use a large spoon to combine until dough forms. If dough is too dry, add a ½ teaspoon water at a time. If dough is too sticky, add 1 tablespoon flour at a time. Turn out onto a lightly floured surface and knead until the dough is smooth, about 1 to 2 minutes.

In a food processor: Add flour and process for several seconds to aerate the flour. Add the eggs and continue pulsing just until a dough begins to form a ball, about 30 seconds. If dough is sticky, add flour, 1 tablespoon at a time, and pulse until ball is formed. If too dry, add water about ½ teaspoon at a time and pulse until ball is formed. Place dough onto a dry surface and knead until the dough is smooth, about 1 to 2 minutes.

Cover with plastic wrap and let rest for at least 15 minutes or up to 2 hours. Divide dough into smaller balls (2 to 6 pieces, depending on rolling method) and keep unused portions wrapped in plastic.

Variations:

Whole Wheat Pasta

Use ½ cup all-purpose flour and 1½ cups whole wheat flour. Blend flours together. Add 3 beaten eggs. Follow directions for Fresh Egg Pasta.

Spinach Pasta

Divide one 10-ounce package frozen, chopped spinach in two. You will only need half the package for one recipe. Add thawed spinach to 1 cup boiling water and cook two to three minutes until tender. Drain and press with a spoon to remove as much water as possible. Finely chop spinach, removing any further liquid. Add spinach to the 3 eggs and beat. Add 2½ cups flour and mix until dough forms. Turn out onto work surface and knead until smooth. Let rest before rolling pasta.

(Adapted from *The Complete Book of Pasta and Noodles*)

Shrimp Sauce

2 Tbsp. olive oil
2 small zucchini, chopped
1 yellow squash, chopped
1 red bell pepper, chopped
1 Tbsp. capers (optional)
1 cup fresh mushrooms
1 (8-oz) package of cooked salad shrimp
2 garlic cloves, minced
1 ½ cups frozen corn
1 ½ cups white wine
Salt and pepper to taste

Heat oil. Add all the ingredients except the shrimp. Cook until the vegetables are tender but be careful not to overcook them. In the last 7 minutes add the shrimp. Serve over cooked spaghetti or linguine. If desired, sprinkle with Parmesan cheese.

Carbonara Sauce

8 oz. chopped pancetta (Italian bacon)	Salt and pepper to taste
4 egg yolks, beaten	1 cup parmesan cheese
½ cup whipping cream	2 Tbsp. butter

Heat a large saucepan. Add the chopped pancetta. Cook slowly until it has rendered some of its fat. Beat egg yolks with the cream. Add the parmesan cheese and salt and pepper. Set aside. Cook the pasta. Drain the water from the pasta but save 2 or 3 Tbsp. of the cooking water. In another saucepan melt the butter, add the cooked pasta and the reserved water. Add the pancetta with the fat. Remove the pan from the heat. Add the egg mixture and incorporate well with the pasta. Put the pan back on the burner and mix well. The eggs will cook in a few seconds. Remove the pan from the heat and serve immediately.

VEGETABLE ADD-INS

Do not be afraid to add in your favorite vegetables with your pasta dishes.

Here are some common additions:

- Steamed broccoli, cut into small florets. Works well in cream and tomato-based sauces.
- Steamed asparagus, trimmed and cut into 1 to 2 inch pieces. Cut on the diagonal for a beautiful display. Works well in cream dishes.
- Fresh or frozen peas. Works best in cream dishes.
- Roasted cauliflower, cut into small pieces; coat with olive oil and sprinkle with salt. Roast at 425 degrees for 8 to 10 minutes. Add to tomato dishes.
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ADDITIONAL SAUCES FOR YOU TO TRY:

Cubana Sauce

2 Tbsp. olive oil 2 or 3 carrots, diced
 1 cup celery, diced 4 Tbsp. capers
 1 cup sliced fresh mushrooms 1 green bell pepper, diced
 1 tsp. dried oregano
 1 (28-oz.) can of diced or crushed tomatoes
 2 cups water Salt and pepper to taste
 1 (8-oz) fresh Italian mozzarella in small cubes
 Fresh chopped Italian parsley

Heat oil. Add the carrots and celery. Cook until a little tender. Add the tomatoes, capers, mushrooms, bell pepper, water and then salt and pepper to taste. Cover the pot and continue to cook for 20 min. Cook the pasta just before the sauce is ready. While the sauce is still warm, add the cubes of mozzarella to melt them. Then add the chopped parsley. Serve over penne pasta with the sauce.

Paglia e Fieno Sauce

2 Tbsp. olive oil 1 medium onion, chopped
 2 cups cooked ham, diced 2 cups mushrooms, sliced
 2 cups frozen peas 2 ½ cups heavy cream
 1 cup Parmesan cheese Salt and pepper to taste
 1 pkg. fettuccine (half spinach pasta and half regular pasta)

Heat oil. Add onions and sauté until tender. Add ham and mushrooms. Cook about 10 minutes. Add peas and cream and continue to cook on low heat for 5 more minutes. Add the Parmesan cheese to the sauce. Serve immediately on cooked fettuccine.

Mediterranean Sauce

4 Tbsp. olive oil 1 medium onion, chopped
 1 clove garlic, minced 1 can albacore tuna, drained
 1 28 oz can crushed tomatoes Salt and pepper to taste
 1 small jar of green olives
 1 cup Sicilian black olives (or regular black olives)
 Fresh basil, chopped

Heat oil. Add the chopped onion, garlic and chopped basil. Sauté until tender. Drain the tuna and add to the onion mix. Break up the large chunks of tuna. Add the tomatoes. Bring to a boil and then lower the heat. Season with salt and pepper. Add the olives and continue to cook for 20 minutes. Pour over hot spaghetti.

More Variations::

Fresh Herb Pasta

Follow Fresh Egg Pasta directions and add the following herbs when adding the eggs: 2 tablespoons minced fresh parsley, basil, mint, cilantro, sage, thyme, oregano, marjoram or a combination.

Corn Pasta

Use ½ cup cornmeal and 1½ cups all-purpose flour. Blend together. Add 3 beaten eggs. Follow directions for Fresh Egg Pasta.

Tomato Pasta

Follow recipe for Fresh Egg pasta increasing flour to 2¼ cups and adding 2 tablespoons tomato paste when adding the eggs. Follow directions for Fresh Egg Pasta.

Black Pepper Pasta

Follow recipe for Fresh Egg Pasta adding 1½ teaspoons coarsely ground black pepper to the flour. Add beaten eggs. Follow directions for Fresh Egg Pasta.

(Adapted from *The Complete Book of Pasta and Noodles*)

ROLLING AND CUTTING PASTA

Hand-rolling: Flatten 1 piece of dough on a lightly floured surface and dust with flour. Use rolling pin or long dowel to roll out. Roll in all directions, turning over and dusting with flour every so often, until dough is rolled almost paper-thin. Do not worry about getting a perfect shape—this is the beauty of hand-rolled noodles. If desired, use a ruler to square off a section of your dough in order to cut precise pieces.

Machine-rolling: Flatten 1 piece into a disk and run through pasta machine set at its widest setting. Fold both ends towards the middle and send through widest setting again, repeat 2 more times until the dough is smooth. If the dough is sticky, dust with flour. Reduce the settings and continue rolling the dough until it reaches desired thickness.

Cutting Your Pasta:

Pasta may be hand-cut or machine cut into desired shapes and widths. If using immediately, lay flat on a clean towel and cover with a damp cloth to prevent drying. Otherwise, do not cover and allow the cut pasta to dry. You may also use a pasta rack, a plastic hanger or dowels set between chairs to dry.



VARIOUS PASTA SHAPES

Fettuccine is a long noodle that typically measures $\frac{1}{8}$ to $\frac{1}{4}$ inch across. They are sometimes called tagliatelle or trenett, especially when cut by hand into slightly wider strips. If using a pasta machine, run pasta sheets through next-to-last or last setting. Run through the wide cutter of the machine.



Similar to linguini, **taglierini** is a flat noodle like fettuccine but only measures about $\frac{1}{16}$ inch across. If using a pasta machine, run pasta sheets through the thinnest setting, then run through the narrow cutter.



Spaghetti is a narrow pasta like taglierini but thicker. If using a pasta machine, only run pasta sheets through the next-to-last setting, then run through the narrow cutter.



Pappardelle is a wide, ribbon-like noodle. With a knife, square off pasta sheet to about 12 or 15 inch lengths. Use a scalloped pastry cutter to cut 1-inch wide strips lengthwise.

Pizzoccheri is typically made from a combination of all-purpose and buckwheat flour and cut into $2\frac{1}{2}$ -by- $\frac{3}{4}$ -inch pieces. These can be cut as a straight edge or cut with a scalloped pastry cutter.



SAUCES

Marinara Sauce (adapted from Frank Bianco)

$\frac{1}{4}$ cup olive oil
 1 medium onion, chopped
 1 teaspoon garlic or 2 garlic cloves, minced
 1 (28-oz) can chopped or crushed tomatoes or fresh, peeled tomatoes
 1 (12-oz) can tomato paste
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
 1 tablespoon basil (dry or fresh)
 1 tablespoon oregano
 1 teaspoon sugar

Heat oil. Add garlic and onion and sauté until tender. Stir in tomato paste, tomatoes and add a little water to the pan ($\frac{1}{4}$ can of water from the tomato can and $\frac{1}{2}$ can water from the paste can). Bring to a boil. Add remaining ingredients and stir. Reduce heat, and simmer 20 minutes (thin sauce) to 2 hours (thick sauce), stirring occasionally.

Roasted Bell Pepper Sauce

4 large red bell peppers
 2 tablespoons dried basil (or 4 tablespoons fresh)
 $\frac{3}{4}$ cup whipping or heavy cream
 1 envelope Italian dressing packet
 Salt and pepper to taste
 Parmesan cheese

Cut the peppers in half and remove the seeds. Place peppers in a foil-lined baking pan. Broil the peppers until they turn almost completely black. Immediately place in paper bag; close and let cool about 30 minutes. Remove the skin and chop them into medium-sized chunks. In blender, process prepared peppers, cream, Italian dressing packet, salt and pepper until smooth. Add pasta and toss until thick. Serve with freshly grated Parmesan cheese.

SAUCES

Basic Tomato

Sauté 1 minced garlic clove, combined with 1 teaspoon water, in 1 tablespoon extra virgin olive oil until fragrant but not brown. Stir in 1 cup canned crushed tomatoes and simmer about 10 minutes until slightly thickened. Season to taste. Use to top cannelloni or other filled pastas.

Basic Alfredo Sauce

Combine 1 cup heavy cream (not ultra-pasteurized) and 4 tablespoons unsalted butter in a pan large enough to hold cooked pasta. Heat on low until the butter is melted and the cream just begins to simmer. Turn off heat, and add the cooked, drained pasta of your choice to the pan. Add ½ cup more cream, ¾ cup Parmesan cheese, salt, pepper, and a pinch of nutmeg to taste. Stir to combine, 1 to 2 minutes. Serve immediately.

Fresh Herb and Cream Variation: Add the following herbs or a combination of similar herbs: ¼ cup minced fresh basil, 2 tablespoons minced fresh mint leaves, 2 tablespoons minced fresh oregano leaves, 2 tablespoons minced fresh sage leaves, 1 teaspoon minced fresh thyme leaves, and 1 teaspoon minced fresh rosemary leaves. Mix herbs together than add herbs to sauce when adding the rest of the cream.

Do NOT add any Parmesan cheese as it would compete with the flavor of the herbs.

Lemon and Cream Variation: Add ¼ cup lemon juice to cream and butter. Add 2 teaspoons grated lemon zest when adding Parmesan cheese.

Gorgonzola Cheese Variation: Stir in 4 ounces sweet Gorgonzola, crumbled just before taking off heat.

(Adapted from *The Complete Book of Pasta and Noodles*)

Marie Anderson's Chicken Alfredo

2 tablespoons butter	2 tablespoons olive oil
2 lbs. chicken, cut into 1" cubes	1/2 cup green onions, sliced
2 cloves garlic, minced	

Sauté ingredients until chicken is cooked all the way through.

Add:

1 cup cream	1 15-oz. can cut up tomatoes w/juice
1 pkg. Alfredo Sauce Mix	12 oz. sliced, fresh mushrooms
½ teaspoon salt	½ teaspoon black pepper
¼ cup dried parsley	2 tablespoons dried basil

Simmer 30 minutes. Serve over cooked fettuccine noodles and sprinkle with fresh grated parmesan cheese.



VARIOUS PASTA SHAPES

Garganelli is a rolled pasta that resembles penne when cooked. Cut pasta to 1½-inch squares. Use a clean pencil and roll from one corner to the other. Press closed and remove pencil. Repeat until enough pasta.



Farfalle is a bowtie or butterfly shaped pasta. Cut your pasta sheet into 1½ inch by 2 inch rectangles. Place your first finger in the center and pull the sides together with your thumb and second finger, removing your first finger at the last second and squeezing to stick. Repeat, then cook.

PAIRING PASTA AND SAUCES

Simple rule: You should be able to eat the pasta and sauce easily in each mouthful

By pasta

Fresh egg pasta is especially good with dairy-based sauces. The flavors of the pasta and sauce are in harmony. Also, cream sauces tend to have more liquid, which can be better absorbed by the pasta.

Fresh eggless pasta works well with hearty vegetable, meat, or seafood sauces, since the pasta is a more chewy & substantial pasta.

By shape

- **Spaghetti** is best paired with smooth sauces, tomato or dairy based, or sauces with medium-sized chunks. Thinner **angel hair** pasta needs a light cream or tomato sauce.
- **Fettuccine** can handle more robust sauces: dairy-based, oil-based or tomato-based and work well in sauces combined with meat, vegetables, seafood or cheese. The wider the noodle (**pappardelle**), the chunkier the sauce it can support.
- **Taglierini** or **linguini** works best with traditional pestos or thin tomato, oil-based, or seafood sauces.
- Short tubular or molded shapes, such as **penne/garganelli**, or **elbow macaroni** trap chunkier sauces well. The larger the pasta, the larger the chunks it can support.
- **Farfalle** is great with intense fragrances and flavors. Try a light sauce with vegetables or fish, dairy-based sauces, simple oil-based sauces, or in pasta salads.

FILLED PASTA

- 1 lb. fresh egg pasta
- 1 recipe any filling for pasta
- 1 recipes of any sauce for pasta

Ravioli

1. Cut pasta sheets into long rectangles measuring 4 inches across. Use a spoon or filled pastry bag to place small balls of filling (about 1 rounded teaspoon each) in a line 1 inch from the bottom of the pasta sheet. Leave 1¼ inches between each ball of filling.
2. Fold over the top of the pasta and line it up with the bottom edge. Use your fingers to seal around each filling, pressing to remove any air pockets.
3. Use a fluted pastry wheel or ravioli stamp to cut along the bottom of the sealed pasta sheet and between each ravioli.
5. Bring 4 quarts of water to a boil in a large pot. Add 1 tablespoon salt and half the pasta. Cook at a gentle boil, until the doubled edges are al dente, about 4 to 5 minutes. With a slotted spoon, transfer the ravioli to warmed bowls; add some sauce. Meanwhile, cook the rest of the ravioli.



Cannelloni

1. Roll your pasta to the thinnest setting allowed by your manual machine, or hand roll until you can see the outline of your hand through the dough. Cut into 3-inch by 5-inch rectangles. Cook three to four pasta sheets at a time to al dente in 6 quarts of well-salted boiling water. Using a slotted spoon, transfer to ice water for 30 seconds, drain and lay out on kitchen towels. Repeat until all noodles are cooked.
2. Spread filling lightly over pasta sheets, leaving a ¼-inch border on all sides.
3. Start at the short end and roll up jelly-roll style. Place seam-side down in a buttered 9x13-inch baking dish.
4. Spoon sauce over cannelloni and bake 12 minutes or until golden in a pre-heated 450 degree oven. Serve immediately.

Tortellini

1. Cut pasta sheets into 2½-inch squares. Transfer squares to a clean, lightly floured work surface. Place ½ teaspoon filling in center.
2. Fold square diagonally in half to make a triangle with the top edge covering the filling, but leaving a thin border of the bottom edge exposed. Seal with your finger.
3. Lift the filled triangle and wrap the back of the triangle around the top of your first finger; squeeze the corners of the triangle together.
4. Fold back the top of the triangle so filling is completely enclosed and slide off your finger.



(Adapted from *The Complete Book of Pasta and Noodles*)

FILLINGS FOR PASTA

BASE:

- 1 cup ricotta cheese
- ¾ cup grated Parmesan cheese
- 1 large egg yolk

Parsley Filling

In a medium bowl, mix ricotta cheese, Parmesan cheese and egg yolk. Add ½ cup minced fresh flat-leaf parsley leaves, ½ teaspoon salt, and ground black pepper to taste. Cover and refrigerate until ready to use.

Spinach Filling

In a medium bowl, mix ricotta and Parmesan cheeses. Add egg yolk. Remove stems from ¾ pound washed spinach leaves. Add to pot and steam until spinach wilts (about 5 minutes). Cool slightly and squeeze out excess liquid and chop fine. Set aside. Melt 2 tablespoons unsalted butter and sauté ¼ cup minced onion until translucent. Stir in spinach and cook for 1 minute. Cool slightly. Combine with cheese mixture. Cover and refrigerate until ready to use.

Mushroom Filling

Sauté 2 minced garlic cloves in 2 tablespoons extra-virgin olive oil until golden color over medium heat, about 2 to 3 minutes. Add 12 ounces fresh mushrooms, finely minced and sauté about 4 minutes. Add ¼ cup minced fresh parsley (or 2 tablespoons dried parsley flakes), and salt and pepper to taste. Cook until liquid dissipates, about 2 minutes. Remove contents of pan to bowl and cool slightly. Stir in 1 cup ricotta cheese, ½ cup Parmesan cheese and 1 large egg yolk. Cover and refrigerate until ready to use.

*Variation: Add ½ cup Gorgonzola cheese crumbles to the mushroom mixture.

Meat Filling

- 1 tablespoon extra-virgin olive oil
- 2 medium garlic cloves, minced
- ½ pound ground meat (beef, pork, veal, Italian sausage or combination)
- 1 cup grated Parmesan cheese
- 1 large egg yolk
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Sauté 2 minced garlic cloves in 1 tablespoon olive oil until lightly colored. Add the meat and cook over medium-high heat, stirring to break up the larger pieces, until the liquid evaporates and the meat browns. Drain off the fat and transfer to a medium bowl. Add Parmesan, egg yolk, salt and pepper. Cover and refrigerate until ready to use.



(Adapted from *The Complete Book of Pasta and Noodles*)