

HOW TO MAKE YOUR OWN PASTA

By MIKEY LEE RAY

Smashwords Edition

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How to make your own pasta: Pretty self explanatory really.

CHAPTER 1

HOW TO MAKE YOUR OWN PASTA

Okay so first things first you're going to need a pasta maker. You can usually pick one of these up for about fifty bucks or so at any homewares store. Even the simplest ones have different settings for different types of pasta i.e. thicker or thinner for spaghetti and so on. Get to know how it works and when you're feeding the pasta through just what is the correct thickness you need to put it through the part of the machine that actually cuts it into strips. For example my pasta maker has the settings 1 through 7 and I usually just have it set on 4 the whole time. I find that works best.

As for making the pasta itself, nothing could really be simpler. You're going to need 3 cups of double 00 flour, make sure it's the double 00 variety and not just normal flour (trust me you'll taste the difference), 3 eggs and a small amount of water. Measure out 3 cups of the flour and pour it on to a flat surface so you can make a gap in the centre of it. Here you crack the 3 eggs and pour the contents into the gap and from there just begin kneading the mixture.

This can take a while so feel free to put some music on while you work. It helps if you are standing as you can apply more pressure while you are kneading the mixture. If it becomes too dry simply add some water as you go so that you can mix it better and vice versa if it becomes too wet just add a little flour. How will you know when the consistency is just right? Two ways really. Firstly it should have a silky texture and secondly it will be easy to feed through the machine.

I find that if you cut your pasta into strips then feed it through the machine to flatten it out and add a little flour on both sides before you feed it through the part that cuts it into strips it just works better. At this point it's good if you have somewhere in your kitchen that you can hang your pasta up while you prepare whatever sauce you intend on making.

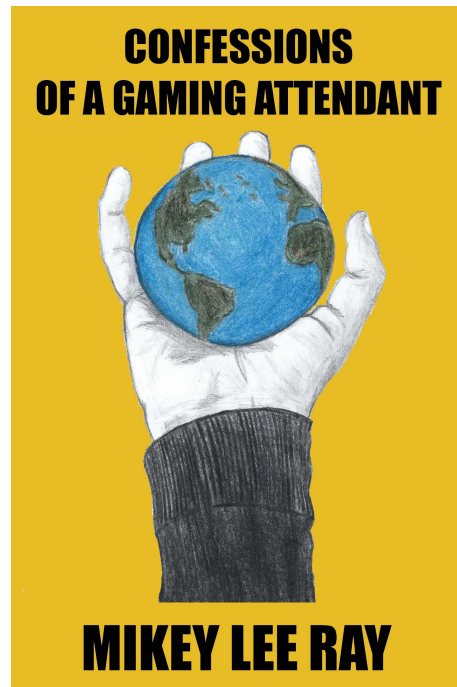
As to the subject of sauces I have a few favorites I'd like to suggest. Carbonara is a classic, just add bacon to a pan and fry it then add cream and a few chopped up mushrooms and sprinkle a little paprika for taste. If you want something that's not as fattening however then fry a little bacon and add a chopped up onion and some tomato puree and a few roma tomatoes. You can experiment with this one and if you want to nix the bacon that works just as well. It still has a great flavour and without cream it is obviously healthier. Add spices as you see fit to taste.

Pasta also works well with salmon pieces and a creamy sauce and a few spices and other things. Why is homemade pasta so good? Because you know what's gone into it and frankly it tastes better than the crap you buy in the store. if you don't believe me try this recipe and make your own then compare your own to the store bought stuff.

It takes a few times to get it right and at first it will obviously take you longer but there's nothing more satisfying than sitting down to a meal of pasta you've prepared by yourself. Or for that matter sitting down with a date and she asks you, "this pasta is delicious! Where'd you buy it from?" And you answer with a smile, "Oh I just made it myself." Priceless.

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Here are some links to other stories I've written. If you enjoyed these ones why not take a look at them? Your kind donations to my writing career will keep me off the streets and in a nice apartment where I belong. And with money to travel my writing will greatly improve hence it's a win / win for us both. Love as always, Mikey.



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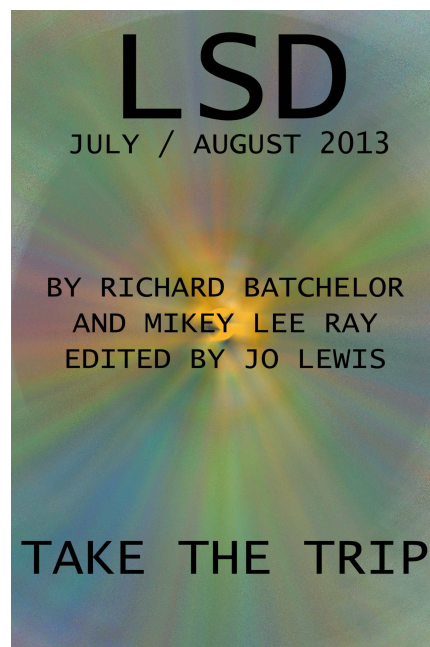
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I look forward to hearing your feedback and also if you are a fellow writer, collaborating with you on projects in the future.