



14. Method: Making Pasta Dough

“It’s about the feeling, the touch, and, more importantly, getting close to the action.”

MAKE THE PASTA DOUGH

- 1 Put 00 flour onto a cold surface and use a fork to form a well in center. Season the center of the well with salt and add olive oil. Crack eggs into bowl and gently whisk together. Add a third of whisked eggs into well. Use the fork to gradually incorporate flour into the eggs. Once mostly soaked in, add another third, continuing to mix into the flour, careful not to let eggs slide out. Create another well in the middle of the flour and egg mixture and add the remaining egg, combining until the dough looks like crumbs.
- 2 Once all the egg is incorporated, flour your hands and begin forming a ball. Continue to flour your hands and knead the ball of dough until firm and elastic, turning and twisting the ball for about 10 minutes. Wrap in plastic and rest for at least 20 minutes before rolling.

2 cups 00 flour

Salt

1 teaspoon extra virgin olive oil

4 whole eggs, plus 2 yolks

14. METHOD: MAKING PASTA DOUGH, CONTINUED

IMPORTANT CONCEPTS

- It's important to make pasta dough on a cold surface such as marble.
- Too much flour and your pasta will be dry. Not enough flour and your pasta will be wet, sticking to the machines rollers when you feed the dough through.

TAKE IT FURTHER

- Once you've mastered the art of making fresh pasta, get artistic with color and flavor! Try these recipes for [squid ink pasta](#), [orange tomato paste-colored pasta](#), [spinach-colored pasta](#), and [beet-colored pasta](#).
- Learn about the food you're making! [Read this article](#) on the history of pasta.

ASSIGNMENT

Try using the same recipe to make a ball of pasta every week and see how temperature, humidity, and even your mood affect the texture and feel of the finished dough. Keep a note of your results.

NOTES

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