

Gluten Free Fresh Pasta

(FODMAP friendly, dairy free)



Your 'handling' time: 15 minutes



Cook Time: 1hr 15minutes



Serving: 8-12 slices

Ingredients

For 2 For 4 people

200g 400g Wild Sourdough Gluten Free
Flour

1tsp 2tsp organic apple cider vinegar

150g 300g whole eggs, beaten

3 6 eggs approximately

1tbs 2tbs extra virgin olive oil (optional)

Fine silky rice/sorghum or buckwheat flour for
dusting and rolling

Cooking Method

- In a bowl, put the flour first. Make a well in the centre, add the apple cider vinegar, oil and crack the eggs into it. Beat the liquid with a fork until smooth.
- Using the tips of your fingers or spatula, mix the beaten eggs with the flour, until everything is combined.
- Knead the bits of dough together until they bind together to form a ball. Add extra eggs if the dough is not smooth (cracking)
- Leave to solidify 30mins covered in compostable clingfilm or in a closed container
- You can knead the dough for your own tactile pleasure but there is no need, because it is a gluten free dough!
- You can roll your pasta using a manual pasta machine or a rolling pin. Divide the dough into the size of a child fist (100-150g) and dust lightly with flour
- TIPS for machine rolling: dust the rollers of the pasta machine generously with flour to prevent the pasta dough from sticking. Do not dust the dough with flour at this stage as it will dry out and crack the dough
- TIPS for novice: you can re-roll the dough in the pasta machine, just gather the scraggly bits of dry dough, mist with water, oil your hands and re-knead into dough ball.
- You can use various machine: Kitchen Aid and Kenwood Chef (K-beater), Thermomix, Magimix food processor or hand held mixer, but it is so easy and more fun making it by hand!
- Fresh pasta cooks very quickly 5-7mins, test for al-dente or can be used straight away as instant lasagna sheet

