



## PASTA DOUGH

### What you need:

70g of our everyday flour mix

2 level tsp guar gum

Pinch of salt

1 egg (size 7, room temperature) \*\*

5ml light olive oil

### To Make:

In a bowl whisk together all the measured dry ingredients. In a small bowl mix the egg and oil together with a fork. Pour the liquid into the dry ingredients and mix together with a knife to form a soft dough. Knead for about 2 minutes until smooth. Wrap with cling film and rest for 10 minutes.

### Rolling the pasta:

Using a rolling pin:

Divide the pasta into 2 balls. Re-cover one of the balls with cling film. Place the other one on a long/large sheet of baking paper. Flatten with the base of your palm. Cover with another similar size sheet of baking paper. Begin to roll away from you. Keep rolling and turning 90° until you have a thin sheet of pasta, 1-2mm thick, depending on what variety of shape you are making. Cut with a sharp knife or pasta cutter the shapes you want and place on a clean tray covered with a well wrung out damp tea towel. Repeat the process until you have used all the dough.

Pasta can be cooked straight away in a large pot of boiling, well salted water until al dente (about 2-3 minutes) then drain. Serve as you wish.

Serves one as a main meal, or two as a light lunch.

- If using a pasta maker, follow recommended instructions.

### Note:

\*\* Pasta can be made suitable for vegan by replacing the egg with 3TBS + 10mls of the liquid from a can of chickpeas.

**Tip:** It's important to make sure the water has a rolling boil before adding the pasta. Give it a gentle stir a couple of times to stop it sticking together. Test every minute. You don't want to overcook or the pasta will go mushy.