

Little Hands, Big Pasta

Semolina Flour and Water Pasta Dough

The Ingredients

For 1 person

100 g (3.5 oz) or $\frac{1}{3} + \frac{1}{4}$ cup of semolina flour

50 ml (1.8 fl oz) or $\frac{1}{4}$ cup of water

What to Do

Flour mountain. First, pour the flour onto the table or counter. Make a big mountain out of it!

Secret well. With your fingertips, dig a deep well in the middle of your flour mountain. This is our secret ingredient cave!

Waterfall. Now, make a mini waterfall by pouring the water into the center of the well.

Wiggly fingers mix. Time to get a little messy! Use your wiggly fingertips to slowly mix the flour with the water. Keep mixing until it starts feeling like dough.

Super knead. Ready to use your muscles? Push down hard into the dough with the heel of your hand, stretch it away from you, then fold it back and give it a little twist. Keep kneading, folding, and turning. Do this for 10 minutes – it's a great workout! You'll know you're done when your dough is a smooth, squishy ball.

Cozy dough nap. Wrap your dough ball in plastic wrap and let it rest on the counter. It needs at least 30 minutes of nap time. If you're not going to use it right away, tuck it into the fridge for later.



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Now comes one of the most exciting parts – picking the pasta shape you want to create with your dough! So, what will it be?

Cavatelli and Strascinati | The Rolling Adventure 🌊

Chitarra spaghetti | The Musical Pasta 🎸

Fusilli or Busiate | The Spiraling Swirls 🌀

Malloreddus | The Shell-Shaped Wonder 🍝

Orecchiette | The Little Ears Expedition 🧠



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