

Fresh Homemade Pasta Master Course

0-Type Flour and Soy Lecithin: Eggless 'Egg' Pasta

Ingredients

Serves 1 person

100 g (3.5 oz) soft-wheat flour, 0-type

45 ml (1.5 oz) warm water

15 g (0.5 oz) soy lecithin granules

Procedure

Place the soy lecithin into a bowl. Add the warm water and leave it to rest for about 30 minutes. It will turn into a jelly-like texture.

Place the flour on your work surface. With the tip of your fingers, make a large well in the center of the flour with a circular movement. Pour the lecithin mixture into the center of the well. With a fork, gradually incorporate the flour to the mixture. Using your fingertips, mix and combine the ingredients until the dough comes together.

Start kneading the dough energetically. With the heel of one hand press deeply into the dough, then stretch it out away from you. Fold it back on itself then turn it a little clockwise. Knead, fold, turn, and repeat. Do this for at least 10 minutes.

Your final result should be a firm and elastic ball. Wrap up the dough in plastic and leave it to rest at room temperature for at least 1 hour. If you are not going to use it after the resting time, place it in the fridge.

Pasta Shapes You Can Make

Then use this dough to make all the plain and stuffed pasta shapes made with egg pasta dough: fettuccine, tagliatelle, lasagne, maltagliati, pastina, farfalle, garganelli, pappardelle, ravioli, sfrisolate, tagliolini, lanterne, quadratini, and more.



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