



Basic Egg Noodles

Season: All

Serves: Your portions will depend on the weight of your eggs, but a good rule of thumb is 1 egg per 3 at-home serves.

Fresh from the garden: eggs

The amount of flour you need in this simple recipe will depend on the weight of your eggs in their shells. The weight of the flour should be twice the weight of the eggs. Please note, the dough will seem dry. You may need to wet your hands once or twice under the tap to incorporate enough moisture.

Equipment:

metric measuring scales and spoons
large bowl
plastic wrap
chopping board
clean tea towels
pasta machine with noodle cutter attachment
cook's knife
pastry brush
large saucepan

Ingredients:

2 large eggs
1 tsp bicarbonate of soda
1½ tsp salt, plus extra for the cooking water
plain flour (double the weight of the eggs in their shell)
cornflour, for dusting
1 tsp sesame oil, to finish



What to do:

To make the dough:

1. Weigh the eggs to determine how much flour to use.
2. Reserve 2 tbsp of the flour.
3. Add the bicarbonate of soda, salt and the rest of the flour to the large bowl.
4. Break the eggs into the flour and knead until the dough is smooth; add some of the reserved flour if the dough is sticky.
5. Wrap in plastic wrap and rest until needed.

To make the noodles:

1. Divide the dough into four balls.
2. Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with clean tea towels.
3. Press each ball down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8 cm wide with folded sides.
4. Set the rollers on the pasta machine to the widest setting and pass the folded dough through.



5. Fold the dough into three, turn it 90 degrees and roll it through again three or four times. (This process is called 'laminating'.)
6. If the dough starts to stick, sprinkle a pinch of cornflour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour.
7. Continue changing the settings and passing the lengths of dough through, until the dough has passed through the second-thinnest setting. Don't fold it again after the first (thickest) step.
8. If the dough gets too long to handle comfortably, cut it into two or three pieces, then roll each piece separately. Sprinkle with flour on both sides.
9. Finally, change the pasta machine setting to a noodle cutter attachment and pass your dough through it.
10. Let your long, thin noodles dry on the tea towels, sprinkled with flour, while you work on each of the remaining pieces of dough.
11. Bring the large saucepan of water to the boil over high heat and add a generous pinch of salt. Your water should be like salty sea water.
12. Drop in your noodles and cook for 2–3 minutes.
13. Drain the noodles and rinse them with cold water. Toss through 1 tsp of sesame oil to stop the noodles from sticking together.

Note: Clean the pasta machine by brushing it with a dry, wide pastry brush. Tip it upside down to get any dried bits of pasta out. **Never** wash your pasta machine as the rollers will rust.

