

Gluten-Free Laminated Pasta

No gluten? No problem! This pasta recipe is proof that gluten-free can be tasty too.

Yield: 1 serving

Prep Time: 20 min

Cook Time: 2 min

Ingredients:

- 100g Caputo Gluten Free Flour
- 1 Large Egg
- 1/4 Teaspoon Salt
- 1 Tablespoon Water
- Rice Flour (to handle dough)



Instructions:

1. Combine the Caputo Gluten Free flour and salt in a mixing bowl and mix to evenly distribute the salt throughout the flour.
2. Make a small well in the middle of your flour and add your egg.
3. Break the egg with your fork, and gradually incorporate the flour into the egg.
4. Add 1 tablespoon of water as you work the dough together. If the dough becomes too wet, add a little rice flour to your hands to prevent sticking and dry out the dough slightly.
5. The dough should come together and have a smooth surface. This can take 5 minutes.
6. Wrap the dough in plastic wrap and place it in the fridge until needed.
7. Cut the dough in half and flatten out with your hands to create a disc.
8. If you are using a Kitchen Aid, set your sheeter to the thickest setting, dust the dough with more rice flour, and run it through.*
9. The first run may cause the dough to break. Simply place the dough on your counter, form it back into a rectangle, and run-through the sheeter again. You may want to run this a few times until it starts to hold its shape. Continue dusting with rice flour to prevent sticking as needed.
10. Change the setting on your sheeter and work this to its desired thickness.
11. Once your sheets are at your desired thickness, cut them to the length you would like your pasta to be.
12. Dust with rice flour and let it rest on your counter until you are finished with the remaining dough.
13. Place your pasta cutter into your Kitchen Aid and run your sheets through.
14. Once they come out, dust with rice flour and let rest on a perforated tray or towel.

15. Cook in salted boiling water for 1-2 minutes or until al dente, and serve with your favorite sauce!

Notes:

- *If you do not have a pasta attachment or pasta maker, you can roll the dough out by hand.
- While it is possible to make this pasta without rice flour, we do recommend it to prevent sticking. Using Caputo Gluten-Free Flour to handle the dough will end up making the pasta more sticky (which is great when forming the dough, but not so much when it comes to rolling it out!)
- You can easily double or triple this recipe for multiple servings.