

The Happy Cook's

Culinary Arts Center

BASIC PASTA DOUGH

Ingredients

2 cups all-purpose unbleached flour

3 eggs

1 tsp olive oil

¼ tsp of salt

Directions

1. Mound the flour on the work surface and make a well in the center.
2. Break the eggs into the well add the olive oil, and salt. Using a fork, begin to whisk the eggs and oil together, incorporating a little of the flour as you do so.
3. Gradually blend the flour with the eggs, working from the center out. Use your free hand to hold the mound in place and stop leakage if any of the egg escapes.
4. Knead the dough on a lightly floured surface with smooth, light strokes, turning it as you fold and press. It should be soft and pliable, but dry to the touch. If it is sticky, knead in a little flour.
5. It will take at least 5 minutes kneading to achieve a smooth and elastic texture with a slightly glossy appearance. Put the dough in a plastic bag or cover with a kitchen towel. Allow resting for 30 minutes.
6. Divide the dough into four portions and shape each into a rough log. Keep the unworked portions covered.
7. Use a pasta machine with the machine's rollers at their widest settings, crank the dough through two or three times. Fold it in thirds, turn the dough 90 degrees and fed through again. Repeat this folding and rolling process at least six times, or until the dough is a smooth and elastic sheet with a velvety appearance.
8. Reduce the width of the rollers by one setting and pass the dough through. Repeat, setting the rollers one notch closer each time until you have rolled the desire thickness.
9. As each sheet is completed, place it on a floured surface.

Recipe courtesy of Happy Cook cooking instructor Soledad Liendo

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CHEESE RAVIOLI

Ingredients

Sheets of fresh pasta (see recipe above)

1 cup ricotta

1/3 cup parmesan cheese

1/2 teaspoon lemon zest

Pinch of salt and pepper

Pinch of nutmeg

1 egg beat

Directions

1. Make pasta and let it rest as directed above and bring stockpot with heavily salted water to a boil.
2. Combine ricotta, parmesan, lemon zest, salt, pepper, and nutmeg. Spoon a small ball of filling on one half of the dough, approximately 1 inch apart. Alternatively set up a ravioli tray with one sheet of dough and place filling in wells.
3. Brush egg wash around mounds of filling.
4. Fold second sheet of the dough over the filling and press down around the filling to seal the dough together. Using a cutter or knife, cut between each filling to create the individual ravioli pockets. If using a ravioli tray press firmly to seal with fingers and then use rolling pin to seal and cut ravioli.
5. Place ravioli on floured surface until ready to boil. Continue making ravioli with the remaining dough and filling.
6. Once the water is boiling, cook ravioli in batches ensuring that the pot is not overcrowded. After 2-4 minutes pasta should be al dente, depending on the size of the ravioli. Once they begin floating, remove ravioli from water.

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PESTO WITH FRESH TOMATOES

Ingredients

½ cups parmesan cheese

2 cloves minced garlic

2 cups chopped basil

¼ cup olive oil

1 ½ lb of ripe tomatoes, peeled and seeded cut in rough pieces

½ tsp of salt

Ground pepper to taste

Directions

1. Combine cheese, garlic, ½ basil and olive oil in food processor.
2. Process until pureed, add remaining basil and repeat until smooth. (sauce can be used as straight pesto at this stage after adding salt and pepper to taste).
3. Add peeled and seeded tomato pieces to food processor and pulse a few times to break up tomatoes but leave chunky.
4. Season to taste with salt and pepper.