

Homemade Fettuccine and Gorgonzola & Pear Sauce

Pasta Ingredients (for 2 people, two full size servings):

- 1 Cup 00 Flour for Pasta*
- 1 Whole Egg (room temperature)
- 2-3 tbsp of warm water

Or if you have a kitchen scale:

- 100 g 00 Flour or 50 g 00 Flour and 50 g Semola Rimacinata di Grano Duro**
- 1 Large Whole Egg (room temperature)

This recipe can be used for any fresh pasta.

*00 Flour for Pasta is available at any Atlantic Superstore, Italian Deli in Halifax or Amazon.

** Amazon usually carries Semola Rimacinata di Grano Duro (*La Molisana* brand)

Double or triple the recipe as needed.

Gorgonzola & Pear Sauce:

4 servings

- 2 Bosc pears (or pears of your choice)
- 2 cups (500 ml) Cream (10%)
- 100 g Gorgonzola Cheese (Italian Blue Cheese)
- 1/3 cup chopped Walnuts (optional)
- Pinch Xanthan Gum (optional; I used Bob's Red Mill brand)

Peel pears and if you don't use them right away, mix with lemon juice to prevent from browning.



Add 50% of pears and cream to a sauce pot or skillet (it should be large enough to hold pasta once it is cooked). Once cream starts bubbling, add Gorgonzola Cheese (save a little bit to add when you are ready to serve pasta),

stir occasionally to ensure the cheese is melted.

Add a pinch of Xanthan Gum to thicken the sauce. Add the rest of the pears and walnuts (if you use them) when the sauce is almost ready.

Add pasta to the sauce. If the sauce is bit too thick, add some pasta water.

How to Make Fettuccine from Scratch



1. Begin with 1 cup of flour. You can use a bowl for convenience. If you wish to make coloured pasta, add your colour (spinach, turmeric, beet powder, etc.) to the flour. Make a well in the centre of the flour and add one large egg. Mix flour and the egg and start adding warm water one 1 tablespoon at a time.

*****Note: If you use 100 g of flour and one egg, adding water is not required.***** You would need 2-3 tablespoons of water depending on a size of the egg. Once the dough becomes too thick to whisk with a fork, turn the dough out onto a clean work surface, along with any leftover flour from the bowl. Knead the dough and remaining flour until you've got a smooth, stiff ball of dough. It usually takes up to 8-10 minutes.



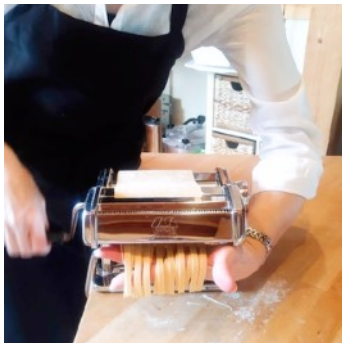
2. Let the dough rest. Wrap the dough and let it rest at room temperature for 30 minutes. **Important: never skip this step.**



3. Divide the dough in half or 4 portions. Work with one portion at a time, leaving the remaining three covered with plastic to prevent them from drying out.



4. Roll the dough using a rolling pin or pasta maker. I used Marcato Atlas 150. It is one of the best Italian manual pasta machines. If you use the Atlas machine, put through each setting twice. For fettuccine I stop on setting #5 or #6 depending on a sauce I serve fresh pasta with. Remember to dust with flour. I recommend to use White Rice Flour as it prevents pasta strands from sticking together better than 00 flour.



5. Slice the dough by sharp knife or put it through the Fettuccine attachment as we did during the pasta making

class.



6. Loosen the pasta and shape into nests. Shake the cut pasta strands out into a loose pile and dust with flour.

At this point, the pasta can be dropped into boiling water

to cook or can be piled onto a baking sheet in single portions and frozen. If freezing, transfer the individual frozen pasta nests to an air-tight freezer bag for storage. It can be stored in the freezer up to 2 months. When you cook frozen pasta, just drop into boiling water - there is no need to defrost the pasta. Remember to salt the water once it is boiled.

Keep in mind that fresh or fresh-frozen pasta cooks much faster than dried pasta. It usually takes 2-3 minutes. Don't overcook it. It should be **al dente**.

Enjoy!

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