

# Strand Pasta Recipe

This recipe calls for mixing and kneading the pasta dough by hand. This recipe is for strand pasta dishes, such as spaghetti or fettuccini. If you do not have a pasta machine at home, pasta may be rolled out, thin, and cut by hand, the traditional way. You may also use a food processor to make the dough.

YIELD: 1 lb. dough

## Ingredients

- 2 ½ cups unbleached all-purpose flour, plus more as needed
- ¼ tsp. fine sea salt
- 4 large eggs, at room temperature, lightly beaten
- 2 tsp. olive oil

## Directions:

Place the 2 cups flour in a mound on a work surface or in a large bowl.

Make a well (the volcano) in the center large enough to hold the beaten eggs and pour the eggs into the well.

Using a fork, scramble the eggs.

Begin gradually incorporating some of the flour from the sides, a little at a time.

When the eggs are no longer runny, you can stop worrying about the wall.

Continue working in more flour until the dough is no longer wet.

Begin kneading the dough by hand, adding as much additional all-purpose flour as needed until the dough is smooth and no longer sticky, 10 minutes.

Shape the dough into a ball, cut into four pieces, cover it with an overturned bowl, and let rest for 20 minutes before you roll it out.

Set up your pasta machine alongside another work surface.

Lightly flour the work surface.

Using a flour-dusted rolling pin, flatten the other dough half into a rectangle thin enough to go through the rollers at the widest setting.

Pass the dough through the rollers once, then lay the resulting ribbon down on the work surface and flour it lightly.

Fold into thirds lengthwise to make a rectangle and flour both sides lightly.

Flatten the dough with the rolling pin until it is thin enough to go through the rollers again.

Now you are ready to thin the dough. Starting at the second-to-widest setting, pass the dough through the rollers repeatedly, setting the rollers one notch narrower each time.

When the pasta ribbon gets unwieldy, cut it in half and continue rolling one part at a time until the dough reaches the desired thinness. 6-4-2 or 1-3-5, depending on your machine.

Cut the pasta by sending it through the machine on the spaghetti side.

Arrange the finished pasta on a floured surface and cover with a kitchen towel to prevent drying.

When you are ready to eat, bring a pot of salted water to a boil.

Add the noodles and boil for about 1-2 minutes.

Drain and serve with delicious sauce and meatballs!

# Arrabbiata Sauce

Arrabbiata means “angry” in Italian. This sauce gets its name from the spicy peppers added. This is a recipe that can be adjusted to your liking. Double or triple the garlic or peppers, mince or chop the onions to your preferred size, or thicken the sauce by using less of the tomato can juices. Use basil or oregano instead of parsley... It’s up to you!

YIELD: Serves 4-6

## Ingredients:

1 large can (28 oz.) plum tomatoes, chopped, with juices	½ tsp red pepper flakes, or to taste
6 tbsp. olive oil	2 tbsp. tomato paste
4 large garlic cloves, minced	Salt, to taste
1 yellow onion, diced	3 tbsp. minced fresh flat-leaf parsley
	1 lb. spaghetti noodles

## Directions:

Place tomatoes and juices in a bowl. Using your hands, crush the tomatoes.

In a large pan over medium-low heat, warm 4 Tbsp. olive oil.

Add the garlic, onion, and pepper flakes, and sauté until garlic soft and lightly golden, about 4 minutes.

Stir in the tomato paste.

Add the tomatoes and juices, and 1 tsp. salt. Simmer gently until sauce is thickened and aromatic, about 20 minutes. Add salt to taste, a bit at a time.

Remove from heat and add remaining olive oil and parsley.

Add the meatballs, reduce the heat to low and simmer, uncovered, until the meatballs are cooked through, 5 to 8 minutes.

Meanwhile, bring a large pot of water to a boil over high heat.

Generously salt the boiling water, add the pasta and cook until it floats to the top of the pot, about 1-2 minutes.

Drain the pasta well and put it in a warmed large, shallow bowl. Add sauce and meatballs.

Serve and enjoy. Buon appetito!

# Meatballs

This recipe is flexible. Try it with any meat, any herbs and spices. All you need to keep is the ratio of meat, breadcrumbs, and egg.

YIELD: Serves 4-6

## Ingredients:

- 1 lb. ground meat of your choice (chicken thighs, pork, veal, turkey, beef, or a combination)
- ½ cup panko breadcrumbs
- 1 egg
- 1 tsp. salt, or more as needed, to taste
- ½ tsp. black pepper
- 1 tsp. red chili flakes, or more to taste
- ½ red onion, minced (shallots and yellow onions work as well)
- 2 tbsp. flat-leaf parsley, chopped (basil and oregano are also delicious)

## Directions:

In a large bowl, gently combine all ingredients, with your hands.

Turn on your oven broiler to high. Place the top rack 6 inches from the broiler.

Roll into 1 to 1 ½ -inch balls, not too big! Transfer to a baking sheet lined with parchment paper.

Broil until golden and firm, 8 to 10 minutes.