**Part I: Pasta**

***Basic Pasta Recipe***

2 cups flour

3 large eggs

½ tsp salt

½ tsp olive oil

Some add 1-2 tablespoon water as needed



Make the dough

* Pour all flour and salt into a mound and make a well big enough to accommodate the eggs
* Add eggs and oil
* Use a fork to whisk in the flour “pond” then mix with fingers to push flour into the pool of egg, incorporating eggs/oil into flour until a single mass is achieved. Should be a moist “craggy-looking” ball. If too dry, add a little water or more oil.
* Fold dough and begin to kneed. This is a TON of work and not easy. Minimum of 10 min to get a smooth tough ball of dough. Push the dough forward and down with the ball of your hand until the dough no longer looks powdery. It should be a firm and smooth elastic texture – like Play-Doh. If the ball is too wet or tacky, add more flour.

Then wish you had a stand mixer!!!

* Wrap the dough and let sit for 10-30 min.
* Start boiling the water with salt for cooking your pasta.
* Start making your sauce at this time.

Rolling your pasta dough

* Cut the ball in 4ths and set the roller at the widest.
* Using the palm of your hand, flatten/roll the dough and put through the roller on the widest setting.
* Fold as instructed in the picture (think of a wallet) and re-roll at the same setting.
* Repeat a total of three times to laminate the dough.
* Reduce the number one each time until a “6 or 7” setting
* Cut the flattened dough in half or thirds, dust and set aside. Lightly dust with flour (very lightly).
* Change the dough roller for the wide cut fettuccine setting and make your noodles.
* Dust the parchment paper and your pasta and make a little nest.
* Boil 60-9-seconds and eat with your sauce!

**Variables**.

Flour – All Purpose, 00 (double zero) and seminoma

Hydration – egg white only, egg yolk only, water only

Resting – 0, 15, 30 min resting before rolling.

As a class, decide who will do the control – basic recipe (two groups minimum for n>1; we are not myth busters one and done!)

Then determine different alterations on the recipe using the science of flour dough to make your decisions.

Dough away!

**Béchamel Cheese Sauce (aka Mornay Sauce):**

3 tablespoon butter

¼ cup all purpose flour

1 cup whole milk, warmed in microwave

¼ teaspoon salt

¼ cup grated cheddar cheese (real Mornay sauce uses Gruyere and Parmesan)

1 tablespoon fine grated parmesan cheese

Salt, pepper and nutmeg to taste



Use Med-Low heat (150-200oC.300-400oF) to melt butter, then add flour and cook until water has boiled off.

Cook for 1-2 min for a blond roux while stirring

Slowly add warmed milk a little at a time while whisking continuously. 10-20 min.

Add salt, pepper, nutmeg, hot-pepper to taste.

Slowly stir in cheese and stir while melted.

EAT WELL