

# Homemade Whole Wheat Pasta

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## Ingredients

- 2 cups whole-wheat flour
- 3 eggs; room temperature
- ½ teaspoon salt
- 1 tablespoon olive oil



## Instructions

1. \*Prepare a clean surface to work on; this could be the counter, a large cutting board, or a silicone sheet like the ones you use to roll out pie dough
2. \*Scoop the flour onto the clean surface in a large pile
3. \*Use your hand to make a well in the middle of the flour
4. \*Crack the eggs into the middle of the well
5. \*Pour the olive oil and the salt in the well also
6. \*Use a fork to break up the eggs and whisk the ingredients in the center lightly
7. \*Then, using the fork, keep whisking the egg mixture around the flour while also incorporating the flour into the eggs
8. \*There will be a point when it all started to become a large mess and that is when you want to switch to using your hands
9. \*Bring the mixture together to start to form a ball
10. \*Use your hands to knead the dough to incorporate all of the flour; if it's sticky add more flour
11. \*Knead the dough for about 5-7 minutes, or until it become smooth and satiny
12. \*Cover the ball of dough with plastic wrap and let sit in the fridge for about 20 minutes or a couple hours
13. \*Remove the dough from the fridge and let it come up to room temperature for about 10 minutes
14. \*Cut the dough into quarters
15. \*If you are using a pasta machine then you can follow the directions at this point; I have a KitchenAid attachment
16. \*Take one of the pieces of the dough and lightly sprinkle it with flour
17. \*With the machine on 1 roll the pasta through the roller
18. \*Fold in half; sprinkle with flour; and roll again
19. \*Then switch to level 3 and roll once
20. \*Switch to level 5 and roll once
21. \*Switch to level 7 and roll once
22. \*Switch the attachment to the spaghetti attachment (or whichever shape you like)
23. \*Place the long sheet of dough through to make the shape of spaghetti; make sure to catch it with your arm as it comes out and not to let it fall all over the flour
24. \*After it goes through the machine toss it with a little bit of flour and lay flat to dry on a towel or if you have a hanging rack (or even a hanger) to dry
25. \*I let mine dry for about an hour and then either cook it or freeze it!
26. \*When you want to cook the pasta make sure to add a good amount of salt to the boiling water
27. \*Add in the spaghetti; this will only take a few minutes to cook
28. \*Toss in a pan with sauce and allow the pasta to cook in the sauce for a minute or two
29. \*Sprinkle with cheese, fresh herbs, and serve!

