



Red Clay Cook-Off Family Style



Authentic Homemade Pasta

Ingredients:

3 cups All Purpose flour, sifted; ¼ cup extra flour.

3 eggs

½ cup of milk

1 tsp of salt and pinch of pepper

1 tsp olive oil, for coating bowl to let pasta rest.

Directions:

If you have a large wooden board, clean and prep the board. Add salt and pepper to the sifted flour, stir to combine. Add flour mixture to the board into a large mound. Using your fingers, make a hole in the center to make the mound look like a volcano. Crack the eggs into the hole in the flour (see picture below). With a fork, whisk the eggs on the board and then use the fork to incorporate the flour slowly into the egg mixture, pulling evenly from the sides of the circle. Slowly add the milk to the center of the mixture, continuing to incorporate the flour into the wet ingredients from the center working your way out. When the mixture is pulled together, use your hands to begin kneading the dough, working it into a large ball, pulling all the flour from the board. Add a ¼ cup flour to the board on the far corner and incorporate a spoonful of flour into the dough as needed to achieve the desired consistency. Knead the dough for about 3-5 minutes until the dough should come together in a large ball. Add the dough to a bowl prepped with a little olive oil and cover with a damp towel. Let the pasta rest for about 20-30 minutes. Bring a large pot of salted water to a boil. Remove the rested dough from the bowl onto a floured surface. Cut the dough into 4-equal sections. If you have a pasta maker, use the machine as recommended. If rolling out pasta by hand, start with one section and roll the dough out on a floured surface until it is ¼" thick or thinner. Use a sharp knife or pizza cutter to cut pasta into long strands. Carefully gather the noodles with your fingers lightly, and make small piles of noodles. Once all noodles are cut, add the noodles to the pot of boiling water and cook until tender, about 2-3 minutes. Drain and serve as desired.

