

Pappardelle pasta recipe...

PIZZOCCHERI - Buckwheat fresh egg pasta

Makes approximately 600g (1lb 5oz)

200g (7oz) buckwheat flour (see Note)

200g (7oz/1⅓cups) plain (all-purpose) flour, plus extra for kneading

½ teaspoon fine sea salt

4 x 59g (2¼ oz) free-range or organic eggs

Combine the flours and sea salt and place on a work surface or large wooden board. The flour should form a peaked mound. With your hand, make a hole in the top of the mound so that it resembles a volcano. This hole needs to be big enough to be able to 'house' the eggs. Break the eggs into the hole. With your hand or with a fork, gently beat the eggs, then slowly incorporate the flour into the egg mixture. I do this by moving my hand in a circular motion, slowly incorporating the flour from the inside wall of the mound.

Don't worry if the dough looks like a mess. This is normal. Once fully combined, knead a little more flour into the dough if it feels a little wet and sticky.

Set the dough aside and clean the work space. Dust some fresh flour onto the work surface and continue kneading the dough for another 5 minutes. Wrap the dough in plastic wrap and set aside in the refrigerator for at least 30 minutes. Next, roll the pasta to the desired thickness and cut into fettuccine-width or pappardelle-width pasta lengths of about 6-8 cm (2½ - 3¼ inches).

Note:

This recipe can be made with a higher ratio of buckwheat but it can become increasingly harder to knead.

Source: *Pasta Artigiana* by Nino Zoccali, Murdoch Books.

