

# Basic Semolina Pasta

Bialik College Kitchen Garden Program



## Ingredients:

- ☐ 300g semolina flour\* (fine)
- ☐ ½ teaspoon salt
- ☐ 150 - 200mL warm water
- ☐ *\*For today's Pasta Masterclass we will be using 300g of semolina but when making pasta the general rule is **100g per person**.*

## Equipment:

- ☐ Metric measuring scales, jug and spoons
- ☐ 1 large mixing bowl
- ☐ Wooden chopping board or clean bench
- ☐ Plastic wrap or bowl
- ☐ Table knife
- ☐ Drying/cooling rack
- ☐ Large Saucepan
- ☐ Slotted spoon
- ☐ Colander

## Method:

1. **To make the dough:** Combine semolina flour and salt in the large mixing bowl and create a well in the middle of the mixture.
2. Pour a little amount of warm water into the well and use your fingers to incorporate the water so it forms a paste. Continue adding the water into the flour mixture until the dough clings together. If the dough is sticky, add a little more semolina or if it is too dry, add a little more water.
3. Once the dough comes together to form rough ball, tip dough onto a clean, dry workbench or wooden chopping board. Knead the dough for 8-10 minutes until it is smooth and shiny. (*You may like to ask your family to help with kneading.*)
4. Cover the dough with a bowl or wrap in plastic wrap and let it rest for 10-15 minutes at room temperature.
5. **To shape your pasta:** Watch the video of Teacher Fay demonstrating how to make cavatelli, orecchiette and capunti.
6. **To make cavatelli:** Cut a small piece of dough from your ball to your with and keep the remainder covered to stay moist.
7. Place the dough on a clean, dry surface to start shaping. Don't dust the surface with flour, it's the moistness in the dough that helps shape the pasta.
8. Roll the dough into a long log about the width of your pointer finger, and cut the log into pieces 1.5-2cm in size.
9. Using the table knife, press down on a piece of dough and drag with knife towards you to curl the pasta and create a hollow shape.
10. Repeat steps 8 and 9 with the rest of the dough, setting the shaped pasta aside on a drying rack without touching so they don't stick together.

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11. **To cook pasta (\*Adult assistance required\*):** Bring a large saucepan of water to the boil over high heat and add a generous pinch of salt.
12. Slip the pasta quickly into the boiling water, avoid dropping it from a height as this might cause the boiling water to splash.
13. Cook pasta for 5-10 minutes in salted boiling water until al dente. The pasta is cooked when they float to the top.
14. When your pasta is cooked, drain well and it is now ready for its sauce. Enjoy!