

Easy Pasta

Making pasta isn't as difficult as you might think and you can have loads of fun experimenting with different shapes and fillings. We use 00 flour because it's so fine and high in gluten, which makes the dough elastic and perfect for homemade pasta.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (258g):

| Energy | Fat | Saturates | Sugars | Salt |
|--------------------------|------------|-------------|------------|--------------|
| 1611kJ 347kcal 19% | 13g 19% | 4.5g 22% | 3.9g 4% | 0.70g 12% |

of an adult's reference intake.
Typical values per 100g: energy 625kJ/135kcal.

Equipment

For the filling

Chopping board
Vegetable knife
Potato peeler
Grater
Large saucepan with lid
Spatula
Measuring jug
Potato masher
Measuring spoons
Weighing scales

For the pasta dough

Weighing scales
1 large bowl
Table knife
Small measuring jug
Small bowl
Fork
Tablespoon
Spatula or metal spoon for mixing
Rolling pin
Cling film or greaseproof paper
Teaspoon
Pastry brush
Pastry cutter
Large pan
Slotted spoon
Kitchen paper or clean tea towel

Ingredients

For the butternut squash and mushroom ravioli filling (makes enough for 24 ravioli)

260g butternut squash (half of a whole one)
4 shallots
1 clove garlic
4 mushrooms, finely chopped
30g parmesan style vegetarian cheese (keep a little back for serving)
1 x 5ml spoon olive oil
1 x 5ml spoon ground nutmeg
50g of low fat soft cheese
200ml boiling water
Reduced salt vegetable stock cube
Black pepper

For the pasta

200g 00 flour (plus extra for rolling)
2 large eggs
1 large egg yolk

For the ravioli

1 x 15ml olive oil (for cooking)
1 x 15ml chopped parsley
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Seal the ravioli with water before cooking to make sure they don't burst in the water.

Get more from your food

- Freeze left over egg white to use in meringues or soufflé.
- Any leftover butternut squash can be chopped up, sealed in a zip-lock bag and stored in the freezer until required.
- Unused raw pasta can be frozen for up to 3 months.

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Method

For the filling

1. Cut the butternut squash in half using the bridge method on a clean, dry chopping board. Remove the seeds of the half you are using. Remove skin with potato peeler. Cut into 1cm pieces.
2. Peel and finely chop the shallots, garlic and mushrooms.
3. Finely grate the parmesan style vegetarian cheese.
4. Turn on the hob to a medium heat. Heat the oil in the saucepan.
5. Add the chopped shallots and garlic and cook gently for about 10 minutes with the lid on the pan. Stir occasionally.
6. Add the chopped squash and cook on a low to moderate heat for 10 minutes.
7. In a measuring jug, dissolve the reduced salt vegetable stock cube in 200ml of boiling water.
8. Add the stock and cook for 15 minutes with lid off until the butternut squash is soft.
9. Add the mushrooms and cook for a further 3–4 minutes.
10. Add the nutmeg and cook for another minute.
11. Take off the heat and mash the mixture into a smooth consistency.
12. Allow to cool and add the parmesan style vegetarian cheese and low fat soft cheese.
13. Cool completely before storing in the fridge or freezer until ready to use.

For the pasta

1. Weigh the flour into a large bowl.
2. Using the back of the table knife, crack the whole eggs into the measuring jug.
3. Crack the remaining egg and separate the white from the yolk – placing the whites in the small bowl and yolk in the measuring jug. Gently, mix the eggs with a fork.
4. With a tablespoon, make a deep hole/well in the flour and pour in the egg mixture. Using a spoon or your fingers, gently flick some of the flour over the pool of egg so that is covered.
5. Gently, begin to stir in the eggs and as you do so, gradually begin to add in the flour a little at a time. Work from the inside to the outer edges of the well until all the flour is combined with the egg.

6. Using your hands, bring the dough together into one lump, dust your worktop with flour (don't use too much as it will make your dough tough). Remove from the bowl and then knead for 3–4 minutes until it is smooth and pliable.
7. Dust your rolling pin with flour and begin rolling. Roll the pasta to double in size and then fold in half and repeat the process 20 times. You will need to end up with a uniform rectangular piece of pasta which measures at least 20cm by 30cm. Cut the pasta in half so you have two strips, each measuring approximately 7.5cm x 30cm. You may find it easier to roll on to cling film or greaseproof paper.
8. Once rolled out, add 4 separate heaped teaspoons of your filling to one strip of pasta, leaving a 2cm border of pasta around the filling.
9. Brush around the pasta with a little water on a pastry brush and place the second strip over the top of the other half of the pasta sheet and filling. You are making 4 raviolis.
10. Gently press down on the pasta to squeeze out any air and then cut out the ravioli using a pastry cutter (a 78 or 88mm one would be ideal). Push the edges of the ravioli down with a fork.
11. Heat up a large pan of water. When boiling, carefully drop in the ravioli one by one using a slotted spoon. They need to cook for 5 minutes and will float to the top when ready.
12. Remove the ravioli from the pan with a slotted spoon and drain on kitchen towel or a clean tea towel.
13. In a frying pan, heat olive oil over a medium heat. Add the raviolis for 2 minutes each side, taking care that they don't stick, until they are a light golden brown.
14. Sprinkle over some parsley and black pepper (if using) and eat.

Something to try next time

- Try making different flavoured pasta – add fresh or dried herbs or 2 x 5ml spoons of tomato puree to the dough.

Prepare now, eat later

- The pasta dough can be made in advance, wrapped in clingfilm, or placed in a sealed bag, and stored in the fridge for up to 48 hours.

Skills used include:

Weighing, mixing, rolling, kneading, chopping, peeling, grating, boiling/simmering and frying.