

Buckwheat 'maltagliati' Pasta

Equipment:

Bowl, scales, whisk, fork, pasta machine, rectangular trays, plate or bag for covering dough, dough cutter OR a bread & butter knife

Ingredients:

175gms buckwheat flour

125gms pasta flour

½ tspn salt

3 large free-range eggs at room temperature

Extra flour for kneading and rolling

fine semolina

Method:

Put the flours and salt into a large bowl. Mix with a whisk.

Make a well in the center, and crack the eggs into it.

Mix eggs together with a fork, then gradually mix into flour. After a while, you will need to use your hands!!

ONE person at a time, and make sure your hands are floured. Knead thoroughly.

You may, or may not, need to add a little extra flour. The mixture needs to be quite stiff, otherwise it will stick to your fingers. Cover and let it rest for an hour or two.

Set pasta machine to no.1 (the widest setting) on the flat rollers.

Divide the dough into 3-4 pieces (keeping the dough you are not using covered).

Take one piece of dough and lightly dust with flour, then put through rollers.

Lightly dust with flour again, fold into 3, turn it 90 degrees, and put through rollers again; do this 4 times still on the widest setting.

Keep dusting with flour each time you put the dough through the rollers. Now turn the rollers 1 notch, getting thinner each time. Don't fold the dough anymore.

Stop at no. 4 . Make sure that all the pasta is the same thickness.

Make sure the strips are no longer than 2 foot, otherwise it gets too difficult to handle. Use a dough cutter to cut.

Sprinkle a little semolina on the trays and lay the pasta neatly down.

Using the dough cutter, cut the pasta into diagonal strips about 3cms wide, then cut diagonally in the other direction to make diamond shapes. Don't throw scraps out, they can be cooked as well.

Use the pasta pot that the potatoes and cabbages have been cooked in. Make sure the water is boiling, and that the water level is up to the handles.

When the water is boiling, carefully tip the pasta in. Give it a stir so that it doesn't clump together.

Cover and bring to the boil again, then turn down, but make sure water is simmering.

The pasta will only take about 3 to 5 minutes to cook. Check to see if it's 'al dente'. Drain, then mix into the sauce.