

Beyond the Box Homemade Pasta

(2 servings)

Homemade fresh pasta is easier—and so much more rewarding—to make than many people realize. While many recipes call for specifically for specialty flours—all purpose flour is a perfectly respectable substitute that still yields delicious results.

What is 00 flour? Double zero is a classification used for Italian flour, where 00 is the most refined, and 2 is the coarsest. The delicate grind helps keep pastas (like the noodles we are making today!) soft.

What is semolina? Semolina is a coarse grind of durum wheat that is extremely high in gluten, which helps keep the shape of pasta during cooking!

Equipment:

- Stovetop
- Strainer
- 1 small mixing bowls
- 1 medium mixing bowl
- Large pot for cooking pasta
- Mixing spoon
- Whisk
- Fork
- Cutting board + knife
- Rolling pin or heavy wine bottle
- 1- baking sheet tray or pan
- Measuring cups + spoons

Ingredients:

- ¼ cup semolina flour (or substitute all purpose flour)
- ¾ cup 00 (double zero) flour (or substitute all purpose flour)
- ¼ cup flour for dusting
- ½ tsp salt
- 1 egg (yolk and white) + 1 egg yolk
- 1 teaspoon olive oil
- 1-2 Tablespoons water

Instructions:

1. In a large bowl, whisk the flours and salt.
2. In a separate bowl, whisk the eggs, water and olive oil.
3. Make a well in the center of the flour mixture and add the egg mixture.
4. Using a fork, gradually start blending the flour into the center of the egg well. The dough will look shaggy. Dump the dough onto a flour-dusted surface, and begin kneading. The dough should look smooth.
5. Keep kneading until the dough springs back to the touch.
6. Let dough rest, covered, for at least 15 minutes (it's even better to let it rest for 30 minutes.) Store in the fridge if it will be longer than 30 minutes until you roll it out.

7. Divide the dough into smaller portions. Roll each dough portion into an oval shape, thin enough to fit through the widest setting on a pasta machine or about 1/8" thick with a rolling pin.
8. Cut sheets of pasta into noodles using a pasta machine, cutter or knife. Ensure you dust each noodle with flour. Let dry on a pasta tree or laid out on a sheet pan.
9. Bring a large pot of salted water to a boil. Cook pasta for 4-6 minutes until al dente. Fresh pasta cooks MUCH faster than dry pasta. Don't overcook!
10. Toss with olive oil immediately to prevent pasta from sticking before adding your favorite sauce.
11. Serve pasta with your favorite, warmed sauce (marinara, pesto, or brown butter, or even just some simple olive oil)



Cheers to Challenge
Peach + Mint "Sweet Tea"
(next page)



Cheers to Challenge—Peach + Mint “Sweet Tea”

(Mocktail/Cocktail Recipe: 2 servings)

Tea pairing is just as much of an art and science as wine pairing, and is deeply imbued in ritual, history and culture. Today’s tea-based mocktail/cocktail is a reminder for busy innovators to slow down, relax, and remember warm summer days where doing nothing sometimes led to the best ideas.

What kind of tea is best for iced tea? As with so many things in life, it’s up to you! Instead of trying to get it “right,” notice the taste (degree of pungency/bitterness), aroma (fruity, floral, grassy) and even texture (how it feels on your palate).

Equipment:

- Cutting board + knife
- 1 tall jar or pitcher
- 1 strainer
- Measuring cups +spoons
- 1 long spoon or muddler

Ingredients:

- ½ cup hot water
- 3 Tablespoons sugar
- 1 small bunch mint
- 1 pinch salt
- 2 tea bags (black, red, herbal, any of your choice!)
- 2 peaches (or stone fruit of your choice)
- 1 large lemon
- 1 cup sparkling or filtered water
- OPTIONAL: clear liquor of choice (vodka, tequila, gin)

Instructions:

1. Heat water to a boil.
2. In the meantime, in the base of a tall jar or pitcher, muddle the sugar with the leaves of several sprigs of mint, mashing them gently to release their oils.
3. Add the pinch of salt.
4. In a mug, pour the hot water over the tea bags and allow it to steep for 3 minutes. Strain the hot water over the mint-sugar blend. Stir well to make a simple syrup with the tea.
5. Slice or finely dice the peaches and add to the tea mix.
6. Juice the lemon and add to the tea mix.

For Mocktail:

1. Add 1 cup ice and 1- 1.5 cups sparkling or cold water to your tea mix. Stir well.
2. Serve in 2 glasses with more ice, if desired, and extra sprigs of mint or slices of lemon.

For Cocktail:

3. Divide the tea between two glasses, each filled with ice. Add 2-3 oz of clear liquor of choice to each glass. Add a splash of sparkling or filtered water to top off the glass. Stir gently.
4. Serve garnished with extra sprigs of mint and/or slices of lemon.