

Sourdough Pasta



Booklet

Queensland Cheese Artisan

Introduction

What is Sourdough Pasta?

Homemade sourdough pasta is a great way to enjoy the benefits of your sourdough starter. With just 3 ingredients you can make incredible pasta.

Our sourdough pasta recipe can be utilised to make any type of pasta from fettuccine to lasagna sheets to spaghetti and ravioli.

You don't need any specialised equipment other than a rolling pin. However, a standing cake mixer and/or a pasta machine do make it easier.

You can mix the dough by hand and cut it with a knife, like the Italian mothers of old.

Our recipe is suitable for making with standing cake mixer or thermomix or by hand.

There is nothing better than fresh homemade pasta drying in the kitchen, ready to add to delicious pasta sauces.

Why Sourdough Pasta ?

Sourdough pasta is made with 3 simple ingredients ; flour, sourdough starter and eggs. The texture is the same as traditional fresh pasta and the taste is similar yet you may notice a little sourdough flavour. Additionally, there can be improved digestion outcomes for the gut. With adequate time and temperature, natural acids and friendly bacteria help to digest gluten

Sourdough Pasta

Ingredients

- 100 g Sourdough Starter (*Can be discard or active starter*)
- 250 g Bread Flour or OO Flour (regular flour is okay)
- 2 Eggs (*provide hydration, flavor, colour & structure to the dough*)

Instructions

The process of making sourdough pasta is divided into 3 main steps; **making the dough, rolling the dough into sheets & cutting the sheets into pasta.**

MAKING THE DOUGH

You can make this pasta dough by hand or in a stand mixer/ Thermomix.

Making Pasta by Hand

- On a clean counter top, pour out 250g of flour, making a well in the centre.
- Crack the eggs into the centre of flour and then pour the sourdough starter on top of the eggs.
- Using a fork, gently beat the eggs and the sourdough starter together, gradually bringing in some of the flour.
- Once the flour, eggs and sourdough starter are roughly combined into a shaggy dough, knead the pasta by hand until it forms a smooth dough. If the dough is sticky, add a little more flour until you achieve the right consistency.
- Set the dough aside for 30 minutes (or overnight if you want it to be slow fermented pasta).



Sourdough Pasta

Instructions

MAKING THE DOUGH in a Stand Cake Mixer or Thermomix

- Add the flour, eggs and sourdough starter to the bowl.
- For Thermomix, use the knead function for 3 minutes until the dough is clumping together.
- For a stand cake mixer, use the dough hook and knead the dough on low speed (not more than 2) until the dough forms a smooth ball.
- Turn the dough out on to the counter and gently knead it into a ball.
- Set the dough aside for 30 minutes (or overnight if you want it to be slow fermented pasta).

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Rolling & Cutting Sourdough Pasta

Once the dough has rested for 30 minutes - or overnight - it's time to roll, cut and hang the pasta. If you've had the pasta dough in the fridge, let it come to room temperature as it will be easier to roll.

You can use a rolling pin or a pasta machine
Use plenty of flour on the surface of the dough to stop the dough sticking to either the rolling pin or pasta machine.

Once the dough is cut to the desired shape/length, hang the pasta on a pasta hanger for at least 30 minutes to dry.

TIPS for rolling and cutting Sourdough Pasta by Hand

- Use flour to ensure the dough is not sticky
- Divide the dough into 4 pieces, roll separately
- Use a cool surface
- Before cutting : I like to semi-dry the pasta sheets, allows the pasta sheets to be firm and leathery finish (help prevents sticking)
- Simply roll the dough out to your desired thickness using a rolling pin.
- You can go nice and thin with flour
- To cut the noodles, sprinkle the surface of the dough with flour, gently roll it up. Using a sharp knife, cut the pasta to the desired width. Toss in flour to stop them sticking together
- Hang them up to dry or just leave them on the counter. Let them dry for around 30mins prior to cooking
- Pasta has been made for centuries with just a knife and rolling pin. The secret is plenty of flour to stop the dough from sticking.



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TIPS for rolling and cutting Sourdough Pasta with Pasta Machine

- A pasta machine is great for creating uniform pasta. Its quick and easy to get the pasta dough nice and thin and is also lots of fun for kids to get involved in.
- Just flatten the pasta dough sections, just feed pasta into the machine.
- Use plenty of flour on the dough before you feed it into the machine, to reduce tearing or sticking.
- dust the pasta noodles with semolina flour to prevent don't skimp.
- Arrange the stands on a tray or on the drying rack.
- If you are making very long sheets or pasta or noodles, get an extra pair of hands to feed the dough through the machine and catch the noodles. Extra length can make it a little hard to handle on your own.
- Start the pasta machine at the thicker setting and work down. This will give you better quality pasta at the end.
- For really good pasta, laminate the dough as you go along. So roll it out and then when you feed it back through the machine, fold the dough over itself so it creates layers.
- Be careful when cleaning your pasta machine. Don't use your fingers to loosen dried on pasta underneath.

Sourdough Pasta

Store & Cooking

How to store sourdough pasta

Cover well floured pasta on a tray with plastic wrap or use airtight container. Leave at room temperature for max 1-2 hours, refrigerate cook within 12 hours.

How to freeze sourdough pasta

Allow the pasta to air-dry, uncovered for 15-20 minutes before transferring to the freezer, prevents sticking. Portion into zip-top bags and freeze up to 1 month. Cook directly from frozen, no need to defrost the pasta first.

How to Cook sourdough pasta

Use boiling water, make sure to add salt (generously) first. Salt is to flavour. Cook the pasta from 2-7 minutes depending on thickness. Always taste. Texture should be al dente (soft but with a bite).

Sourdough Starter

Feed your Starter Sourdough in Container

Feed the starter in the plastic container WERE YOU GET HOME equal parts 50g Starter, flour (50g) and water (50g). Transfer the starter to another jar. Flour feed your starter with good quality flour. Water: always feed your starter with good quality water (e.g. filtered, boiled, spring water). Basically reduce the amount of chemicals within the water, to many chemicals will kill your starter.

Additionally, to reduce the risk of unwanted bacteria, I always ensure my working/baking area is clean. I follow basic hygiene principles; clean jar, utensils, hands, good flour (bugfree,etc) and clean water. We are encouraging healthy wild yeast not bad bacterias. Feeding your sourdough starter Feed your starter regularly to be kept it active and to maintain its 'strength'. If is not fed regularly with flour and water, the wild yeast 'community' will eventually die.

To feed your sourdough starter,

Firstly use a clean jar and utensils, remove all but approx. 50 g of the sourdough starter from the jar. Add equal parts flour (50g) and filtered/boiled/spring water (50g) and stir well until all ingredients are combined.

Seal the jar and store either: 1. Room temperature (if you are going to use) 2. or in the fridge (if you are not going to use. Note : Your sourdough starter jar needs to be clean.

Sourdough Starter cont...

Storing your Sourdough starter

There are 3 ways to store sourdough starter if you won't be using it:

1. In the refrigerator (between bakes/pasta making, quick and easy access)
2. In the freezer (e.g. as a backup in freezer, going on holiday, having a break from baking/making pasta)
3. Dried and stored in sealed container in the kitchen cabinet/freezer (as a backup, going on holiday, having a break from baking etc) A sourdough starter can either be kept at room temperature or in the fridge.

Easy Golden Butter and Sage

Pasta Sauce

Ingredients

- 120 g (8 tbsp) salted butter
- 15 fresh, beautiful fresh sage leaves
- lemon juice (optional)
- Parmesan cheese

Instructions

For the Sauce:

Cut the butter into cubes, melt over medium heat. Once the butter becomes foamy, add the fresh sage leaves.

Continue to cook, stirring gently with a spoon, until the spotty white milk solids subside and the sauce becomes “honey” golden in color (not yet brown).

Note: this sauce will change from golden to brown butter in a nano second- do not walk away from the pan! If using lemon, squeeze some in at the end

To Serve with Pasta: while the pasta cooks, make the sauce. Using tongs, transfer the pasta into the pan, allowing some of the water to still cling to the pasta. Grate fresh Parmesan cheese on top. Toss the pasta with the sauce, adding more pasta cooking water, as needed, to emulsify the texture. Serve immediately with the crispy sage leaves scattered on top.

Quick Cherry Tomato Sauce

Ingredients

- 1 Tablespoons unsalted butter
- 2 cloves garlic, minced
- 3 cups halved cherry tomatoes
- 1/4 cup white wine
- 1/8 cup lightly packed fresh basil leaves, sliced
- 1/2 Tablespoon granulated sugar

Instructions

For the Sauce:

- Add the butter to a large pan over medium-low heat.
- Add the garlic and cook, stirring occasionally, for 2 minutes.
- Increase the heat to medium-high and add the cherry tomatoes, plus a pinch of salt and pepper. Cook the tomatoes, stirring occasionally, until they begin to burst, about 3 minutes.
- Add the white wine and simmer, scraping up any brown bits from the bottom of the skillet until the liquid has reduced and the sauce thickens, about 5 minutes.
- Stir in the basil and sugar then taste and season the sauce with salt and pepper. Serve.

Oil, Garlic & Chilli Sauce

Ingredients

- 1 fresh red chilli, sliced
- 30g parsley, chopped
- 100ml Extra Virgin Olive Oil
- 2 garlic cloves, chopped
- 2 anchovy fillets, in oil (optional)
- 40g Parmigiano Reggiano, grated
- 6 basil leaves
- Rock salt, for pasta water
- Salt and black pepper (to taste)

Instruction

For the Sauce:

Mash the garlic, either with a garlic crusher, or by grating it finely. Chop the chilli and parsley/basil finely. Mix the ingredients together in a small bowl with the oil and let stand a few minutes.

Pesto Sauce

Ingredients

- 50g pine nuts or cashews
- large bunch of basil, leaves picked
- 50g parmesan
- 1 garlic clove, chopped
- 100ml olive oil

Instruction

For the Pesto:

Toast the nuts in a pan over a low heat. Tip into a mini chopper with the remaining ingredients, or use a large pestle and mortar, then blitz or pound into a rough sauce. Will keep for three days in the fridge.