



# Basic Egg Noodles

## INGREDIENTS:

- 2 large eggs
- 1 tsp bicarbonate of soda
- 1 ½ tsp salt, plus extra for the cooking water
- Plain flour (double the weight of the eggs in their shell)
- Cornflour, for dusting
- 1 tsp sesame oil, to finish

## METHOD:

### To make the Dough:

1. Weigh the eggs to determine how much flour to use
2. Reserve 2 tbsp of the flour
3. Add the bicarbonate of soda, salt and the rest of the flour to the large bowl
4. Break the eggs into the flour and knead until the dough is smooth; add some of the reserved flour if the dough is sticky
5. Wrap in plastic wrap and rest until needed

### To make the noodles:

1. Divide the dough into four balls
2. Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with a clean tea towel
3. Press each ball down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8cm wide with folded sides
4. Set the rollers on the pasta machine to widest setting and pass the folded dough through
5. Fold the dough into three, turn it 90 degrees and roll it through again three or four times. (this process is called laminating)
6. If the dough starts to stick, sprinkle a pinch of cornflour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour
7. Continue changing the settings and passing the lengths of dough through until the dough has passed through the second thinnest setting. Don't fold it again after the first (thickest) step



8. If the dough gets too long to handle comfortably, cut it into two or three pieces, then continue to roll each piece separately. Sprinkle with flour on both sides.
9. Finally, change the pasta machine setting to a noodle cutter attachment and pass your dough through it
10. Let your long, thin noodles dry on the tea towels, sprinkled with flour, while you work on each of the remaining pieces of dough
11. Clean the pasta machine by brushing it with a dry, wide pastry brush. Tip it upside down to get any dried bits of pasta out. Never wash your pasta machine as the rollers will rust
12. Bring the large saucepan of water to the boil over high heat and add a generous pinch of salt. Your water should be like salty sea water.
13. Drop in your noodles and cook for 2-3 minutes
14. Drain the noodles and rinse them with cold water. Toss through 1 tsp of sesame oil to stop the noodles from sticking together.

