

WHOLE WHEAT PASTA

INGREDIENTS:

- ❖ Whole wheat flour* 2 1/3 Cups
- ❖ Salt 1/2 tsp
- ❖ Eggs 2
- ❖ Water* 1/3 Cup
- ❖ Olive oil 1 tsp

METHOD:

1. First mix the flour and salt together in a bowl and make a little "pit" in the middle.
2. Beat your eggs in a separate bowl, then pour them into the flour mixture.
3. Add the water (or buttermilk) and olive oil.
4. Stir well until the ingredients are mostly combined.
5. Dump it out onto a floured surface and knead it a little bit to get the ingredients combined well.
6. If you are planning to soak the grain, you would begin at this point. Put the "blob of dough" back into your bowl, cover and let it sit for 12-24 hours.
7. Make sure your surface has a LOT of flour all over it so that your noodles won't stick when you roll out the dough. Sticky noodles are not fun.
8. Use a well floured rolling pin and roll and roll and roll until your noodle dough is almost hanging off the side of your counter top. Or at least until it is very thin, about 1/8 inch in thickness. You may need to keep tossing some flour under the dough as you roll to keep it from sticking.
9. I use a pizza cutter to cut long strips in my noodle dough.
10. Once you've cut your noodles you can either use them right away, or you can let them dry so that you can store them and have them ready for when you need them.

11. I use a dehydrator to dry the noodles, but you can just leave them on the countertop to dry if you want. It will take a while...like several hours or even an entire day. You may also need to turn the noodles over after a few hours so that the under side can dry.
12. Once the noodles are completely dry, store them in an air tight container in your pantry. They will stay good for up to a month. They can also be frozen...just let them thaw a little before you cook them.

To COOK YOUR NOODLES:

1. Bring six cups of chicken, beef, or vegetable broth to a boil.
2. Stir in the noodles, making sure they don't stick to each other.
3. Salt well.
4. Cover and simmer for 20-25 minutes or until the noodles are fat and tender.

GRAIN SOAKING INSTRUCTIONS *(so that the grain will be more easily digested):*

1. Use the same ingredients, substituting the water with a cultured dairy product like buttermilk or plain yogurt. Mix then cover with a towel and let it sit for 12-24 hours.

NOTES:

- I use freshly ground flour
- I like to include cooked meat and veggies in my broth too when I add noodles.

