

Basic Egg Noodles

Season: All

Serves: Your portions will depend on the weight of your eggs, but a good rule of thumb is 1 egg per at-home serve.

Fresh from the garden: eggs

Recipe source: Adapted from a recipe by Lee Geok Boi in *Classic Asian Noodles* (Marshall Cavendish 2007)

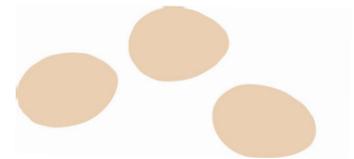
This simple recipe uses the weight of the eggs in their shells to determine the amount of flour required (double the weight of the eggs) and half a teaspoon of bicarbonate of soda to every egg used. You can work out how much noodle you will make by first weighing your eggs, then adding to that weight double the amount of flour. Please note the dough will seem dry. You may need to wet your hands once or twice under the tap to incorporate enough moisture.

Equipment:

metric measuring scales
sifter
large bowl
pasta machine with noodle cutter attachment
clean tea towels
cook's knife
pastry brush

Ingredients:

2 eggs in their shells
1 tsp bicarb soda
1½ tsp salt
plain wheat flour (double the weight of the eggs in their shell)
cornflour, for dusting



What to do:

To make the dough:

1. Weigh the eggs to determine how much flour to use.
2. Sift the bicarb, salt and flour into a large bowl.
3. Break the eggs into the flour and knead until the dough is smooth.

To make the noodles:

1. Divide the dough into 4 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 clean tea towels.
3. Shape the dough into a round ball and press it down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8 cm wide with folded sides.
4. Set the rollers on the pasta machine to the widest setting and pass the folded dough through. Keep it aligned so that the folds run vertically up the rectangle as you pass it through. The dough will probably look a bit ragged at this stage, but you should have a long rectangle.

5. With the long side of the rectangle nearest you, fold the left and right sides in again, in thirds, to form a shorter, fatter rectangle. Again, place it with the folds running vertically up the piece of dough and roll it through the rollers. Do this 3–4 times, folding the long sides into the centre each time. (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 2–3 pieces using the cook’s knife, then continue to roll each piece separately. Sprinkle with cornflour 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 strands of pasta dry on the tea towels, sprinkled with corn 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 with water as the rollers will rust.

