



PASTA

Ingredients

Pasta Dough

- 240 g (8.46 oz) '00' Flour*
- x2 (100 g / 3.5 oz) Eggs
- 3 g ($\frac{2}{3}$ tsp / 0.1 oz) Olive Oil
- 50 g (1.76 oz) Sourdough Starter
 - 2 g ($\frac{1}{3}$ tsp / 0.07 oz) Salt

Herbs & Seasoning

- 10 g (2 tsp / 0.35 oz) Salt
- x4 (2 g / 0.07 oz) Basil Leaves
 - (To Taste) Dry Parsley
 - (To Taste) Black Pepper

Chicken Alfredo Filling

- 500 g (1 lb 1.6 oz) Chicken Breasts
- 250 g (8.8 oz) Mushrooms
- x3 (360 g / 12.7 oz) Onions
- 250 g (8.8 oz) Fresh Cream
- 250 (8.8 oz) Whole Milk

Greasing / Frying

- 30 g (1 oz) Unsalted Butter
- 15 g (1 Tbsp / 0.5 oz) Vegetable Oil

MAKES 400 g (14.1 oz) OF TAGLIATELLE PASTA | MEAL FOR 2

Directions

Prepare Your Sourdough Starter - The Night Before

1. In your container, mix in 5 g (0.17 oz) of *Mature Starter*, 27 g (0.95 oz) of '00' Flour* and 28 g (0.98 oz) of *Water*.

Pasta Dough Mix

1. In a *small bowl*, mix in your *Pasta Dough's Flour & Salt* before dumping it on your work surface.
2. Use your fingers to make a *crater shaped hole* at the centre of the Flour mound.

* Cake Wheat or All Purpose Flour can be used instead

3. In another bowl, add in your *Eggs & Olive Oil*, mixing until homogenized, and then pour it into the centre of the flour.
4. Now use a fork to begin gently mixing your Eggs, incorporating small amounts of Flour from the rim as you swirl around.
5. When the Eggs form a *thick paste*, use your hands to mix in the remaining flour.

Knead Your Dough

1. Use your palms to knead your dough on your work space for approximately *8 - 10 minutes* or until its surface becomes smooth.
2. Shape your kneaded dough into a ball & cover it *tightly* with plastic wrap before placing it in the fridge to rest *overnight*.*

Shape Your Pasta

1. Flour your work surface & your uncovered dough ball.
2. Use a floured rolling pin to flatten your dough out until it reaches **15 cm (5.9 in)** wide.
3. Fold the side facing you over to the $\frac{1}{3}$ rd mark of the dough. Then, take the *opposite* side & stretch it over the first fold, so that *the edges meet*.
4. Use your rolling pin to flatten that out into a thin sheet of Pasta, approximately **2 mm (0.08 in)** thick.
5. Cut the edges into straight, *perpendicular* lines.
6. Begin rolling your Pasta from the back until it forms an extended tube & then cut the roll at **1 cm (0.4 in)** intervals.
7. Unfurl your ribbons and then generously *toss* them in any white flour.
8. Place them in a sealed container - They will stay fresh for *4 to 5 days in the fridge*.

Prepare Your Chicken Alfredo

1. Slice your Alfredo Filling's *Onions & Mushrooms*. Then debone & cube your *Chicken Breasts*.
2. Place a large pan on your stove & set it to **medium heat** before adding your *Unsalted Butter & Vegetable Oil*.
3. While the *Butter* melts, place a *medium sized* pot on **high heat** and fill it just above the halfway point with *Water*. Continue with the remaining steps while that comes to a boil.

* Overnight proof may be optionally skipped for a 1 hour rest

4. Now, fry your *Onions* - 2 minutes. Add your *Mushrooms* - 2 minutes. Add your *cubed Chicken* - 6 minutes. Finally pour in your *Milk & Fresh Cream* - reduce for 8 final minutes.
5. Pour in 10 g (0.35 oz) of *Salt* to your pot of water once it has begun to boil & then add in your fresh *Pasta* to cook for 60 to 90 seconds or until *Al Dente*.
6. Drain the water from the pot & then add your *cooked Pasta* to your pan, mixing thoroughly - stop the heat after 1 minute.
7. Transfer a serving of your *Chicken Alfredo* to a plate and then to finish it off, crack on some *Black Pepper*, additional *Salt* & some dry or even fresh *Parsley* to taste.



ENJOY!