



The Art of Making Pasta

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HBI Hobby Hour

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Types of pasta dough



Flour



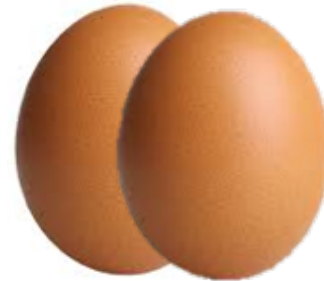
- 00 flour
- durum wheat semolina
- all purpose

Water

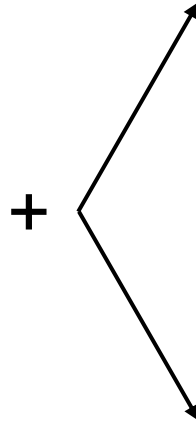


Pasta

Eggs



Egg-based
Pasta



How to make pasta dough



- **Pasta:** 50g of water for every 100g of flour (optional: olive oil)
- **Egg-based pasta:** 1 egg for every 100g of flour



10 min workout



Rest
30 min

Pasta shape: whatever you like



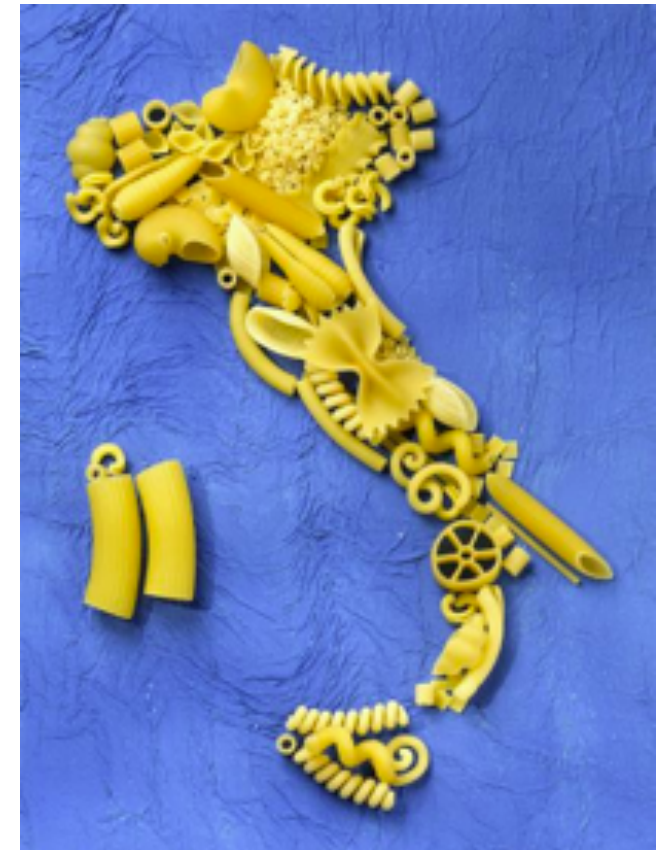
But we do have our favorites...

Pasta

Penne, fusilli, spaghetti,
rigatoni, maccheroni,
farfalle, bigoli, **trofie**,
pici, **orecchiette**,
busiate, conchiglie, ziti,
bucatini, cavatappi, ...

Pasta all'uovo

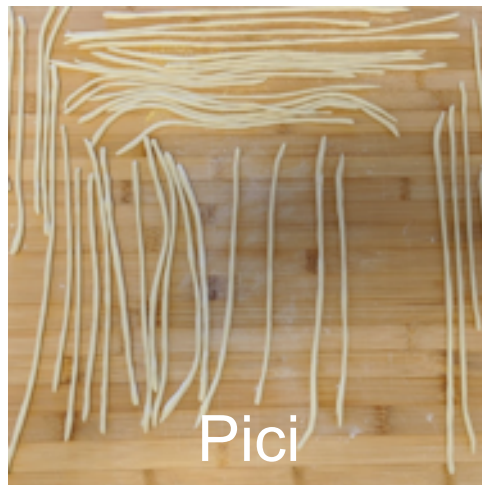
Lasagne,
tortelli, ravioli,
cappelletti,
tagliatelle,
tagliolini,
pappardelle, ...



Shaping pasta



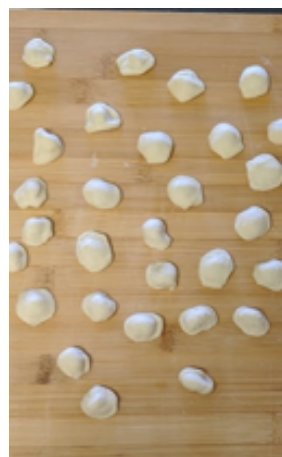
Busiate



Pici



Orecchiette



Shaping egg-based pasta



Tortelli



Lasagne



Cappelletti

Cooking pasta



- Bring water to boil
- Add salt and wait to dissolve
- Add pasta and cook
 - ~10 min pasta
 - ~5 min egg-based pasta
- Drain water
- Add sauce
- Cook for 1 min

In this order



Always keep an eye on the pasta



Bread and pizza: similar idea



Flour



+

Water



+

Sourdough



Bread and pizza: any shape



Holiday treats



Colomba (dove)

- Sweet dough, typical for Easter
- Two-day process
- Dove-shaped, but when you don't have the mold...



Holiday treats



Intrigoni: fried sweet dough, typical for Carnival



Why are you doing all this?

? ?

- **Stress management:** kneading is quite relaxing
- **Stimulate creativity:** invent/adapt recipes
- **Social benefits:** a good meal is an occasion to gather





Questions?