CUCINA ITALIANA COOKING SCHOOL



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LA SFOGLIA

This is the basis for all fresh pasta. Ingredients

- 2 large eggs (700g)
- 220g White wings plain flour approx, in Italy we use 0 or 00
- Always calculate approx 100g flour per egg.

Instructions

- 1. The eggs are broken into a well in the centre of the flour. If you want coloured pasta like with spinach, beetroot, saffron, squid ink etc... add those ingredients now.
- 2. Beat the eggs with a fork and slowly starts adding the flour. Once the flour has been totally incorporated, knead the dough thoroughly.
- 3. Let the dough rest for at least half an hour covered with a bowl over it.
- 4. Cut the dough into 2 equal parts and start putting it through the machine, going from #1 to #7 without skipping any numbers: 1234567 of the pasta machine.

Broth

Ingredients

- 1 carrot
- 1 onion
- 1 celery stalk
- 60g of beef (rump roast, ribs) ribs & a piece of chicken
- 1 piece of parmesan crust
- Salt and pepper
- 1 ripe tomato (optional)
- 4 litre of water to cover the meat

Place all the ingredients in a pot, bring to boil. Turn down the heat and reduce for 1 hour 30 minutes.

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Notes: