

FIXATE RECIPES

ORECCHIETTE

Serves: 4 (approx. ½ cup each)



Total Time: 2 hr. 28 min.

Prep Time: 8 min. + 2 hr. 15 min. rest time

Cooking Time: 5 min.

1 cup semolina flour (preferably twice-ground *rimacinata*) ½ tsp. sea salt (or Himalayan salt)
¼ cup + 3 Tbsp. water, room temperature

SPECIAL EQUIPMENT: Plastic wrap

1. Add flour and salt to a medium bowl; mix to combine.
2. Add water to form dough. Knead dough in bowl, gradually incorporating all of the flour, which will absorb slowly over the course of several minutes.
3. Turn out dough onto work surface; knead for 3 to 5 minutes, or until surface becomes dappled.
4. Wrap tightly in plastic wrap; let rest for 15 minutes.
5. Unwrap dough; knead for an additional 3 minutes, or until smooth. Rewrap; let rest for 30 minutes or up to 2 hours.
6. Place a clean kitchen towel on top of a baking sheet; set aside.
7. Unwrap dough; roll out to a ½-inch thickness with a rolling pin. Cut into ½-inch thick ropes.
8. Use your hands to roll each rope back and forth on work surface to round the edges; cut into ½-inch pieces. (Keep remaining ropes covered with plastic wrap while you work with one at a time.)
9. Holding a butter knife with both hands, parallel to the work surface, use the serrated edge to press down on the farthest edge of a piece of dough; drag the knife toward you, smashing the dough and causing it to curl up on itself over the top of the butter knife.
10. Lift the piece of curled-up dough and turn it inside out over your thumb, stretching gently to form the final shape.
11. Place the formed pasta on prepared baking sheet; continue with remaining dough until all has been shaped.
12. When ready to cook pasta, lift the kitchen towel from both sides and tip pasta directly into boiling, salted water. Cook for 5 minutes, then finish with sauce of choice.

RECIPE NOTES:

- Don't forget to track the container count of whatever sauce you use!
- If you are not cooking your pasta immediately, store it in an airtight container in the refrigerator for up to 4 days.

Nutritional Information (per serving):

Calories:	150	Cholesterol:	0 mg	Fiber:	2 g
Total Fat:	0.5 g	Sodium:	295 mg	Sugars:	1 g
Saturated Fat:	0 g	Carbohydrates:	30 g	Protein:	5 g

THE ULTIMATE
FIX Container Equivalents (per serving)
■ 1½

Vegan Container Equivalents (per serving)
■ 1½

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.