

Homemade Sourdough Pasta

Transform your kitchen into an Italian culinary heaven!! Create mouthwatering pasta that will make you forget about the bland, prepackaged alternatives. A few ingredients and a little bit of your time is all it takes!



Equipment – all equipment is optional. You can mix & knead the dough by hand, roll the dough super thin by hand with a rolling pin, cut with a knife, and hang from your cabinet pull on a hanger. Trust me, our grandmothers didn't have food processors or pasta rollers. These are just a few of the items that make it easier to get a consistent thickness and width of your pasta.

- Stand Mixer – [KitchenAid](#) is the gold standard in my opinion!
- [Pasta Roller](#) – [KitchenAid](#) makes a very good roller, but there are [many](#) that work just as well.
- [Food Processor](#) – Ninja makes a heavy-duty processor that includes the dough blade.
- [Pasta Drying Rack](#)

Ingredients

- 300 g 00 Pasta flour or all-purpose flour
- 165 g eggs, cracked weight, about 3 large US eggs (use olive oil to supplement any shortage)
- 40 g active sourdough starter (at peak rise is best, but fresh discard will also work)
- Semolina flour, for dusting

Instructions

Step 1: Make the Dough

Weigh the eggs (cracked) in a small bowl and add olive oil if needed.

Add the sourdough starter to the eggs; whisk thoroughly to combine.

Add the flour to a food processor fitted with a metal blade or mixer fitted with dough hook. Add the egg mixture.

Food Processor Method: Process the ingredients until a dough forms, about 10-15 seconds. If the dough appears crumbly, using hands pinch the dough together. (Unplug the processor first!!)

Stand Mixer Method: Mix with the dough hook until combined. Knead on speed #1 or #2, about 4-5 minutes.

Empty the dough onto your work surface. Form into a rough ball. Cover with plastic, a towel or upturned bowl. Rest the dough for 10 minutes before kneading. (Let that gluten start to kick in!)

After resting, knead the dough for 2-3 minutes. If the dough is sticky as you knead, add a sprinkle of semolina flour. Form dough into ball and wrap tightly in plastic wrap.

Let dough rest for a minimum of 1 hour at room temperature. For a stronger fermentation you can rest for 2 hours at room temperature or refrigerate overnight. (If refrigerating, rest for 30-60 minutes at room temperature to make it more pliable and easier to work with.)

Step #2: Roll The Dough into Pasta Sheets

Dust your work surface, a sheet pan, and the pasta roller (if using) with semolina flour to prevent sticking. Be generous with your flour.

Divide the dough into 4 equal pieces. Rewrap the pieces you aren't working with. Using a rolling pin flatten one piece into a thin 6-8-inch oval disc.

Send the disc through the roller on the lowest/widest setting. KitchenAid attachment is setting 1. Check your attachment instructions for the correct setting. Send it through a total of 4 times, each time narrowing the setting by 1. (If making ravioli put through one additional time at next setting.) The pasta sheet is ready when it's slightly translucent and you can see your hand underneath. When finished, fold the pasta sheet in half, place onto a tray and cover.

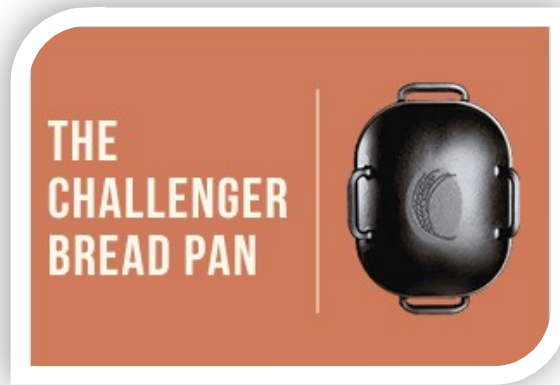
Repeat the rolling process for the remaining 3 pieces of dough.

Step #3: Cut Sheets into Pasta

Before cutting: Lightly "cure" the pasta sheets to give the sheets a slightly dry finish. Hang the pasta sheets over the back of a chair or on a heavy rod for about 5-15 minutes. Keep a close eye on the sheets; you don't want them to dry out completely. Touch them occasionally. This gives the cut pasta strands a more firm and "leathery" finish, rather than a soft and doughy feel and helps prevent the strands from sticking together later on.

Cut the sheet: Take a pasta sheet and cut in half. Send it through the cutter attachment.

Dust the pasta noodles liberally with semolina flour to prevent sticking. Be generous with the flour. Arrange strands loosely on a tray. Repeat until all sheets are cut.



Notes:

How To Store Pasta

Once cut, cover well-floured pasta on a tray with plastic wrap. container. Leave at room temperature if cooking within 1-2 hours or refrigerate until ready to cook, up to 12 hrs.

For longer term storage, once completely dry transfer pasta to an airtight container.

How To Freeze Sourdough Pasta

Air-dry the pasta uncovered for 15-20 minutes before transferring to the freezer. Portion into zip-top bags and freeze, for up to 1 month. Cook directly from frozen, no need to defrost the pasta first.

How To Cook Pasta

Add the pasta to a large pot of salted boiling water, about 6 quarts for 1 pound of pasta. Cook the pasta anywhere from 3-7 minutes depending on thickness and preference. Always taste it. The texture should be al dente. When finished, strain in drainer. Drizzle a little olive oil over to prevent it from sticking if you won't be eating immediately.