

Spinach Pasta

Ingredients:

6 ounces fresh spinach

3 eggs

300 grams "00" flour



Instructions:

Steam spinach leaves or blanch them in boiling water until soft. Shock cooked spinach in ice water to stop the cooking process and lock in the bright green color. Squeeze excess water from spinach. (You can also substitute frozen spinach – just thaw and squeeze out the excess water.) In a food processor add spinach and 1 egg. Process until spinach is finely chopped. Add 2 remaining eggs and mix thoroughly.

Measure flour into a large bowl and make a well in the center. Add egg mixture into bowl and begin to incorporate into the flour with a folk. As the dough starts to come together turn out onto a floured board.

Tips: If you can find fresh eggs (not refrigerated eggs), that's best. Italian "00" flour (double zero flour) is finer than traditional all-purpose flour and contains more gluten. This will give your pasta a better texture. A traditional portion of pasta is usually described as "1 egg's worth".

Using your hands, start to knead the dry dough, working all of the pieces together until you have a smooth, elastic ball, about 10-15 minutes. The kneading will give your pasta a silky mouth-feel and develop the gluten needed for the pasta to hold together. It's hard work, but gradually the dough will become elastic and smooth. If it's an especially humid day, or your eggs were particularly large, add additional flour as needed. Form dough into a disk and wrap with plastic wrap. Set on the counter to rest for 20 minutes. This will hydrate the dough as the grains of flour will draw in the liquid and make the dough easy to work with. Do not refrigerate.

Roll out dough into sheets using the thinnest setting. We use a classic Italian hand-cranked pasta roller. Cut pasta as desired, or use sheets for making lasagna.

Serves 3 or enough to make 1 lasagna