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JAMIE'S PASTA CHAMPIONS

Fresh, homemade pasta is easier to make than you may think. First, you will learn the secret to making the perfect pasta dough. Then the fun really starts – as you try your hand at making a variety of super-easy pasta shapes, from gnocchetti to pici. Finally, you'll whip up a quick tomato sauce to enjoy with your handmade pasta. A real treat for grown-ups and kids alike.



JAMIE OLIVER
**COOKERY
SCHOOL**



JAMIE'S PASTA CHAMPIONS

YOUR SHOPPING LIST

INGREDIENTS

- ☐ 100g good-quality Tipo '00' flour, plus extra for dusting
- ☐ 1 medium free-range egg
- ☐ 3 ripe classic round tomatoes
- ☐ ½ a clove of garlic
- ☐ 2 sprigs of fresh basil
- ☐ sea salt and black pepper, for seasoning
- ☐ olive oil (or extra virgin olive oil, if possible)
- ☐ Parmesan cheese or other hard cheese, for grating

SUGGESTED SUBSTITUTIONS

You can use plain flour but your dough will be darker and slightly heavier. Try to find Tipo '00' or pasta flour if you can.

If you don't eat egg, you'll use a combination of 45g water and 10g extra virgin olive oil to make your pasta dough.

or you can use any tomato you like, about 250g in total

If you don't eat Parmesan, use your favourite vegetarian or vegan hard cheese, or you can leave it out.

YOUR KITCHEN KIT LIST

- ☐ Chopping board
- ☐ Chef's knife
- ☐ Big bowl, for your rubbish and peelings
- ☐ Wooden spoon (or something to stir with)
- ☐ Large bowl (for the dough)
- ☐ Small bowl (for beating the egg)
- ☐ Bowl (for the sauce)
- ☐ Large saucepan (to cook the pasta)
- ☐ Microplane or box grater
- ☐ Slotted spoon or tongs
- ☐ Fork (for mixing)
- ☐ Tablespoon
- ☐ Serving bowl or plate
- ☐ Fork (for when you eat your finished dish)

BEFORE YOU START COOKING...

- To ensure you get the very best out of the session, it's really important you have all of your ingredients portioned out, your Tipo '00' flour weighed out, your equipment ready, and everything is laid out in front of you, so you're ready to cook.
- You'll need 1 hob, for you (or a teacher) to boil the pasta.
- You'll be making fresh pasta using only your hands, so you'll need a large, clean surface to work on – around 80cm x 50cm.
- Wash all fresh vegetables beforehand.



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PASTA DOUGH

INGREDIENTS (MAKES 300G)

100g good-quality Tipo '00' flour,
plus extra for dusting

1 medium free-range egg

METHOD

STAGE 1: making the dough

Place the flour in a large bowl. Crack the eggs into a small bowl, removing any shell, then beat them with a fork until well combined. Make a well in the centre of the flour and pour the eggs into it. Gradually bring in the flour from the outside with your fork. When it becomes too hard to mix, use your hands to bring it together into a ball of dough.

KNEADING

Knead the dough on a clean flour-dusted surface until it feels smooth and silky. Shape into a ball, cover with the bowl and leave to relax for about 10 minutes (you can wrap well and leave to rest in the fridge overnight, if necessary).

STAGE 2: cutting and shaping

On the class – we'll show you two quick, simple and easy ways to make fun and versatile shapes: pici and gnocchetti.

COOKING THE PASTA

Bring a large pan of salted water to the boil and cook your pasta for about 3 minutes, or until al dente, then use a slotted spoon or tongs to transfer your cooked pasta into the bowl of 'No-cook' tomato sauce (see below).

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	FIBRE	SALT
399kcal	5.3g	1.3g	20.3g	67.6g	1.5g	2.6g	0.3g

'NO-COOK' TOMATO SAUCE

INGREDIENTS (MAKES 300G)

3 ripe classic round tomatoes (or you can use any tomato you like – you just need about 250g in total)

½ a clove of garlic

2 sprigs of fresh basil

olive oil (or extra virgin olive oil, if possible)

Parmesan cheese or other hard cheese, for grating

METHOD

1. Roughly chop the tomatoes, then place them in a small bowl.
2. Peel and finely chop the garlic, pick and tear the basil leaves, then add it all to the bowl.
3. Toss through your freshly cooked pasta with a little pasta water, then taste and season with a little sea salt and black pepper, if needed.
4. Drizzle over 1 tablespoon of olive oil and serve with a grating of Parmesan cheese. If making this recipe again at home, we recommend serving with a crunchy side salad.

PER SERVING, WITH PASTA:

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	FIBRE	SALT
511kcal	14.5g	4.1g	24.8g	70.4g	3.8g	3.4g	0.5g

