

VALÉRY DROUET & PIERRE-LOUIS VIEL

PASTA

[FRESH, SIMPLE, AND DELICIOUS]



*h.f.*fullmann

FRESH PASTA

Tips and advice

Try making your own fresh pasta—a process that will allow you to enjoy eating pasta in all sorts of shapes, sizes, and flavors, giving your imagination free rein to create the food you love. You can even color the dough in different ways (using squid ink or beetroot juice), flavor it with herbs and spices, and play around with shapes and lengths if you like.

Two tips before you begin:

- always use extra-fresh eggs when making the dough for pasta shapes or ravioli;
- dust your pasta machine (rolling mill), work surface, and hands liberally with flour when working the dough to make farfalle, orecchiette, ravioli, and other tortelli. Make sure the dough does not become too dry between the two stages of making pasta or ravioli, as it soon turns brittle and difficult to handle.

RECIPE FOR FRESH PASTA

Makes generous 1 lb (500 g) pasta

- 2 ²/₃ cups (400 g) all-purpose flour
- 4 large eggs
- ¹/₃ cup (80 ml) olive oil
- 2 tsp (12 g) salt

› Put the flour in the bowl of a food processor with a flat beater attachment. Add the eggs, salt, and olive oil. Whizz the processor for a few minutes at a low speed setting until you have a smooth dough that comes away cleanly from the sides of the bowl. If it still sticks, add a little more flour; if it is too dry, add a small amount of olive oil or cold water.

› Shape the dough into a ball and cover in plastic wrap. Leave to rest for at least 2 hours in the refrigerator.

› Roll out the dough in small batches, preferably using a pasta roller (or a rolling pin until it is very thin, about 1 mm thick), then cut it into the shape required: tagliatelle, farfalle, or ravioli for example (see photos on pages 16–19).

› Dry the pasta for 2 to 3 hours on a small pasta drying rack or use a wooden handle. Store the fresh pasta in the refrigerator for up to 4–5 hours.

› If you prolong the drying time (12–24 hours at room temperature) you will have dried pasta which can be stored in an airtight jar.

› For darker colored dough, use 3 whole eggs and 2 yolks (the same quantity of salt and olive oil). Remember, depending on the quality of the eggs, your dough will be more or less

» DRIED PASTA

PREPARATION: **15 minutes**

COOKING THE PASTA:

see packet instructions

INGREDIENTS

Serves 6

- 1¼ lb (600 g spaghetti)
- 1¾ lb (750 g) cherry tomatoes
- 1 large bunch basil
- 2 cloves garlic
- ⅔ cup (150 ml) olive oil
- salt, ground pepper

HOT 'N' COLD SPAGHETTI WITH CHERRY TOMATOES

» Remove the stalks from the basil. Peel the garlic cloves.

» Put the basil and garlic in a food grinder (or blender). Add the olive oil and season with salt and pepper. Whizz for 3–4 minutes until the basil oil is nice and smooth.

» Wash and halve the tomatoes (or quarter them, depending on size). Put them in a bowl. Add the basil oil and mix well.

» Cook the spaghetti in a large pan in plenty of boiling salted water (follow the cooking time on the packet). Drain the pasta.

» Mix the spaghetti with the tomatoes and oil in the bowl. Spoon into shallow bowls and serve immediately.

TIP

Alternatively, you can sear the cherry tomatoes for 2 minutes in a large frying pan with 3 tablespoons of olive oil. Deglaze the pan briefly with 3 tablespoons of balsamic vinegar and stir through the pasta.



ZEBRA PASTA WITH LOBSTER AND GARLIC SAUCE

**PREPARATION: 1 hour
+ 2 hours in refrigerator
for the lobster**

**COOKING THE PASTA:
see packet instructions**

INGREDIENTS

Serves 6

- 1¼ lb (600 g) striped linguine (from Italian delis)
- 3 lobsters, each weighing approx. 1¼ lb (600 g)
- 1 carrot
- 1 red chili
- 3 shallots
- 6 cloves garlic
- 1 tbsp tomato purée
- 3 tbsp olive oil + 1 drizzle
- ⅓ cup (80 g) butter

› Cook the lobsters in plenty of boiling salted water for 10 minutes. Drain, rinse under cold water, and refrigerate for 2 hours.

› Remove all the lobster shells (keep them to one side). Cut the tails into chunks and chill them.

› Peel and chop the shallots and carrot. Brown them in a large pan with the olive oil for 3 minutes on medium heat. Add the lobster shells and sear on high heat for 5 minutes. Mix in the tomato purée and cover completely with water. Bring to a boil and cook for 30 minutes on medium heat.

› Peel the garlic cloves. De-seed and slice the chili. Strain the seafood stock to remove the lobster shells and vegetables before transferring the liquid stock into a pan with the whole garlic cloves and chili. Boil rapidly on high heat to reduce to approximately 2 cups of liquid. Add the diced butter and boil for a few more minutes to bind the sauce. Strain the sauce to remove the garlic and chili and place them to one side. Whizz with a hand blender until smooth.

› Pop the garlic and chili back into the sauce. Add the lobster pieces and keep the sauce hot (in a double boiler).

› Cook the pasta in a large pan in plenty of boiling salted water (follow the cooking time on the packet). Drain and drizzle with olive oil.

› Spoon the pasta onto the plates and add the pieces of lobster along with the sauce. Serve immediately.



» FRESH PASTA

SPAGHETTI BOLOGNAISE WITH VEAL

PREPARATION: 45 minutes
+ 4–5 hours drying time for the dough and spaghetti

COOKING THE PASTA:
4–5 minutes

INGREDIENTS

Serves 6

- 2¾ lb (scant 1.2 kg) ground veal fillet
- 1¾ cups (200 g) Gruyère cheese, grated
- 2 carrots
- 1 onion
- 2 sprigs fresh thyme
- 1¼ cups (300 ml) passata or tomato purée
- generous ¾ cup (200 ml) veal or beef stock
- 2½ tbsp (40 g) butter
- 3 tbsp olive oil
- salt, ground pepper

For the dough (makes generous 1 lb/500 g spaghetti)

- 3 cups (400 g) all-purpose flour
- 4 large eggs
- ⅓ cup (80 ml) olive oil
- 2 tsp (12 g) salt

» Make the spaghetti dough as described in the basic recipe for fresh pasta (see p. 20, § 1 and 2).

» When the dough has rested, roll it out on the work surface and make the spaghetti. Leave to dry for 2–3 hours.

» Peel and chop the onion. Peel the carrots and dice them finely. In a casserole dish, brown the onion and carrot in the olive oil for 6–8 minutes on medium heat.

» Add the ground veal and sear for 6–8 minutes on high heat, stirring all the time.



» Add the passata and stock. Season with salt and pepper and add the thyme sprigs. Cook for 30 minutes on medium heat.

» Just before serving, cook the spaghetti in plenty of boiling salted water for 4–5 minutes. Drain and put the pasta in a bowl. Add the butter and mix well.

» Spoon the spaghetti into shallow bowls. Serve immediately with the veal bolognese and grated cheese.



TURMERIC FETTUCCINE WITH VEAL AND ZUCCHINI

**PREPARATION: 1 hour
+ 5 hours drying time for the
dough and fettuccine**

**COOKING THE PASTA:
3–4 minutes**

INGREDIENTS

Serves 6

- 6 veal escalopes
- 6 very ripe tomatoes
- 3 medium zucchini
- 2 shallots
- 2 cloves garlic
- 10 sage leaves
- 1¼ cups (300 ml) vegetable stock
- 7 tbsp (100 ml) olive oil
- salt, ground pepper

**For the dough (makes generous
1 lb/500 g fettuccine)**

- 3 cups (400 g) all-purpose flour
- 4 large eggs
- 1 tsp turmeric
- ⅓ cup (80 ml) olive oil
- 2 tsp (12 g) salt

» Make the fettuccine dough as described in the basic recipe instructions for fresh pasta (see p. 20, § 1 and 2), mixing in the turmeric together with the oil.

» When the dough has rested, roll it out on the work surface and cut it into fettuccine strips (long, wide tagliatelle). Leave to dry for at least 3 hours.

» Blanch the tomatoes in boiling water for 30 seconds and rinse under cold water. Peel, de-seed, and chop the tomatoes.

» Peel and chop the shallots and garlic. Sweat the shallots and garlic in a pan with half the olive oil for 3 minutes on medium heat. Add the chopped tomatoes, stock, and some salt and pepper. Cook for 20 minutes on medium heat. Whizz the mixture with a hand blender until it is smooth and slightly runny. Add the chopped sage. Keep the sauce hot.

» Slice the escalopes. Wash the zucchini and cut into thin strips. In a large frying pan, sear the veal escalopes with the remaining oil for 2 minutes on each side. Season with salt and pepper. Add the zucchini strips and stir fry for 3–4 minutes on high heat. Keep it hot.

» Cook the fettuccine in plenty of boiling salted water for 3–4 minutes. Drain and spoon into shallow bowls.

» Arrange the meat and zucchini on top of the pasta. Pour on the tomato sauce and serve immediately.



Ravioli with creamy anchovy and red pepper

**PREPARATION: 50 minutes
+ 2 hours drying time for the
dough + 2 hours in refrigerator**

**COOKING THE RAVIOLI:
3–4 minutes**

INGREDIENTS

Serves 6

- 2 red bell peppers
- 2 tbsp (30 g) anchovy paste
- 3 tbsp (45 ml) light cream
- 1 small bunch lemon thyme
- 1 cup (250 ml) fish stock
- 7 tbsp (100 ml) olive oil
- salt, ground pepper

For the dough (makes generous 1 lb/500 g ravioli)

- 3 cups (400 g) all-purpose flour
- 4 large eggs
- $\frac{1}{3}$ cup (80 ml) olive oil
- 2 tsp (12 g) salt

› Make the ravioli dough as described in the basic recipe instructions for fresh pasta (see p. 20, § 1 and 2).

› Meanwhile, pre-heat the oven to 180 °C (350 °F). Wrap the peppers separately in pieces of aluminum foil and bake for 30–35 minutes. Take them out of the oven and leave to cool down in the foil. Remove the skin, cut off the stems, and remove the seeds. Rinse under cold water and drain. Chop the peppers roughly and stir in the anchovy paste and light cream.

› When the dough has rested, roll it out on the work surface into fairly wide strips. Make the ravioli (as shown on p. 18), stuffing them with scant 1 teaspoon of the anchovy and pepper mixture. Chill for 2 hours.

› In a pan, boil the fish stock rapidly with the thyme sprigs and a little salt and pepper until reduced in volume by one third. Remove from the heat and add the olive oil. Strain the sauce and whizz it with a hand blender until smooth. Keep it hot.

› Just before you are ready to serve, simmer the ravioli gently for 3–4 minutes in plenty of boiling salted water.

› Drain the ravioli and spoon them onto the plates. Pour on the sauce and serve immediately.



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It is advisable not to serve dishes that contain raw eggs to very young children, pregnant women, elderly people, or to anyone weakened by serious illness. If in any doubt, consult your doctor. Be sure that all the eggs you use are as fresh as possible.

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