

RAVIOLI

This dish is quite a lot of work, and if you don't have a pasta roller, is a good upper bodywork out too. It's worth it though! Guests love it, and the leftovers freeze well and reheat easily. See the recipe for "Homemade Pasta" and use whichever recipe you feel is best for you and your equipment. In either case, I strongly recommend you use an electric mixer with a bread hook to mix the dough because it is very dense.

HAND ROLLED PASTA:

2 Large Eggs plus Water to make $\frac{3}{4}$ cup total
1 $\frac{1}{2}$ teaspoons Salt
2 $\frac{1}{2}$ cup all purpose Flour

Mix all ingredients together well with dough hook. This should be drier and denser dough than bread dough. It should not be sticky to your fingers, but should hold together and still be pliable. Once you are satisfied with the consistency, cover and let sit for at least 20 minutes.

Divide dough into 5 equal sized balls and keep the dough you aren't immediately using in a covered bowl to prevent it from drying out.

I use a rectangular ravioli mold, but there are crescent shaped molds, hand held crimpers, and those that think they should be shaped and sealed by hand. Take your pick! Regardless of your method, the dough needs to be rolled out on a well-floured surface until it is quite thin - about the thickness of the backside of the blade of a butter knife, or maybe a tad bit thicker...it depends on the thickness and texture you like. You will need to often re-flour your pasta and turn it to keep it from sticking. If you are using a mold like I do, make sure you roll it large enough so it will make two pieces large enough to cover the mold.

Put filling of your choice in the centers, and before you seal them, coat with a light coat of water using a pastry brush. This will keep your pasta stuck together and won't let your filling spill out. Place your finished masterpieces on a wire rack and allow them to dry for as long as you have - up to 12 hours, turning every two hours or so to make sure the sides dry evenly. After 12 hours, it's time to cook them or freeze them. You don't have to let them dry at all if you don't want to, you can cook them immediately if you like. Drying them gives them a little chewier texture (al dente is the actual term which literally means "to the teeth").

It only takes 2 to 3 minutes to cook fresh pasta, so be careful not to overcook it.

Pasta:

1 $\frac{1}{2}$ cups Semolina Flour
1 teaspoon Salt
2 Eggs (or 3 Egg Whites)
2 Tablespoons Olive Oil
2 Tablespoons Water

Knead in mixer for 10 minutes, then cover and let it rest for 20 minutes. Divide into 4 balls and roll to the appropriate dimension. If using a Kitchen Aid Pasta Roller use the #4 setting.

10 Ravioli with Cheese filling and marinara sauce are approximately 500 calories.