



Basics of Cooking 11:

Pasta, Starches & Grains



FRESH PASTA DOUGH

Serves 8

Ingredients

3 cups	Semolina or AP Flour, or more as needed
3 large	Eggs, lightly beaten
¼ cup	Extra-virgin Olive Oil
1/3 cup	Cold Water, plus more as needed

Equipment

- Pasta maker
- Mixing bowl
- Chef's knife

Directions

1. Mix all the dry ingredients together. Beat eggs.
2. Gradually add eggs and oil to flour, very slowly, mixing with a spoon. As mixture becomes lumpy, begin to press together and knead with your hands. If mixture seems too dry and grainy, add one Tbsp. of water at a time until mixture holds together into a ball.
3. Removing dough from the mixing bowl, begin to knead dough for 2 minutes on a lightly floured board or table top
4. Cut dough in halves, cover bowl with a dampened cloth and allow dough to rest for 30 minutes.
5. Roll out on a floured surface to desired thickness or roll thru a pasta machine. Dry slightly before using.

Note: Allowing the dough to rest will improve the texture of the pasta when finished.



MUSHROOM RISOTTO

Serves 3-4

Ingredients

1 cup	Arborio Rice
1 cup	Dry White Wine (optional)
2 ½ cups	Chicken, Vegetable or Mushroom Stock
1 ½ Tbsp	Olive Oil
1 Tbsp	Butter
1 medium	Shallots, minced
¼ cup	Parmesan Cheese, grated
½-1 Tbsp	Truffle Oil
½ lb.	Cremini Mushrooms, quartered

Equipment

- Saucepans
- Spatula
- Ladle

1. Preheat oven to 400F. Roast mushroom until almost dry.
2. In a saucepan, over med-high heat, add olive oil and butter. Sauté shallots until translucent. Add rice and sauté until well coated with oil and just toasted. Reduce heat to med-low.
3. Slowly add wine, if using, and simmer until liquid has cooked off. Ladle about ½ cup of the stock into the rice mixture; stirring constantly. Wait until stock is almost totally absorbed before adding the next ladle-full. until all the stock is incorporated and the rice is creamy, but not runny. Remove from heat, stir in cheese, and truffle oil. Season with salt and pepper.



HERBED TABBOULEH SALAD WITH CUCUMBER & TOMATOES

Serves 8

Ingredients

2 cups	Fine or Cracked Bulgur Wheat or Cooked Quinoa
2	Lemons, juice
½ cup	Olive Oil
½ cup	Parsley, minced
¼ cup	Mint, minced
8	Green Onions, chopped
1 small	English Cucumber, diced
3 large	Tomatoes, diced
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Mixing bowl
- Strainer
- Paper towels

1. Place bulgur in mixing bowl. Add enough water to cover. Wrap with plastic wrap. Set aside for 30 minutes to 2 hours. If using cooked quinoa, skip this step.
2. Drain grain and place onto paper towels to absorb any extra liquid. Place into mixing bowl with the rest of the ingredients, mix thoroughly, and season with salt & pepper. Refrigerate for 1-2 hours. Adjust seasoning and serve.