Einkhorn Pasta by Hand

Scaled for Custom scale • Target dough: 800 g • Hydration: 35.8%

Ingredients

- 500 g wheat berries, Einkhorn
- 200 g egg, whole (1 egg)
- 0 g nutmeg, ground (a pinch (1/8 tsp) ground nutmeg, optional)
- Make it Sourdough
- 100 g sourdough starter, stiff

Directions

1. Mix the ingredients together until they form a ball of dough.
2. Let it rest 30 minutes, covered.

ROLLING OUT THE DOUGH BY HAND:

4. Roll out the dough to desired thickness on a well floured surface. Remember the pasta will expand as it cooks, so roll thinner than your desired thickness when cooked. you need it. Do this by hand with a rolling pin and a well floured board (and skip to Cutting by Hand) or with a pasta rolling machine.

PASTA ROLLER INSTRUCTIONS:

6. Starting at the lowest number, run the dough through 2 times (I like to do it in one direction the first time, and the other direction the second time).
7. Repeat the last step, adjusting the thickness to the next setting on your machine. Skipping numbers will result in torn dough.
8. Use a cutter, if you have one, to slice the long sheets of pasta into noodles, then skip to Cooking the Pasta

CUTTING BY HAND:

10. Dust the rolled out dough with flour, and then roll it up – short end to short end. Slice to the desired thickness with a very sharp knife.
11. Open up the noodles so they don't stick together.

COOKING THE PASTA (BOTH METHODS):

13. Cook your freshly milled pasta in simmering, well salted water for about 1 minute until al dente. This means it's not too soft, and a little bite to it. It will soften more when you add pasta sauce.
14. Reserve some of your pasta water for the sauce, it will help thicken it up.

STORING/DRYING THE PASTA:

16. If you choose not to cook the pasta immediately, you can freeze it or let it air dry. I prefer to use my dehydrator, at 125 F until the pasta is crispy and fully dry (a few hours). We only store a short time to make weeknight wins easier - and not for long term storage (especially with eggs in it).

Notes