

Fresh Gluten-free Pasta

I love pasta and this meets my needs for a gluten-free option that I can have whenever I want.



Ingredients

1/3 cup white cornflour

1/3 cup tapioca flour or potato flour

1/3 cup buckwheat flour or millet flour

1 tsp xanthan gum

1 tsp fine sea salt

2 whole eggs

1 tbsp olive oil

1-2 tbsp filtered water, if needed

Sift the flours, xanthan gum and salt into a food processor, and process until well combined.

Combine eggs and oil in a bowl and slowly pour into the food processor, holding back some of the liquid until you can check the consistency of the dough (it is easier to add more liquid than to add the right quantity and mix of flours). Pulse

gently until the mixture resembles breadcrumbs, adding water if needed.

Turn dough onto a lightly floured bench (white rice flour works well) and knead gently until dough is smooth and elastic. You don't have to knead too much as you are finishing the dough off rather than having to work the gluten.

Cut the dough into rectangular mounds for easy handling. If you are using a pasta machine, make the mounds a little narrower than the width of your pasta roller so they will be easy to put through the machine. Cover each mound with plastic wrap and allow it to rest at room temperature for at least 20 minutes.

Take each mound and roll out thinly with a rolling pin (about 2–3mm, depending on the shape you wish to make). Form dough into the required shape or feed through your pasta machine. Make sure you keep flouring your bench top and roller so the pasta does not stick and glue together.

Cook pasta in salted boiling water. Fresh pasta requires a lot less cooking time than dried pasta. The cooking time will depend on the shape you have chosen and how thin your pasta is – usually about 2–3 minutes.