



Beetroot pasta with herb sauce

Season: Summer/Autumn/Spring

Type: Big Dishes

Difficulty: Easy

Serves: 20 tastes in the classroom
or 6 serves at home

Fresh from the garden: beetroot, herbs, garlic

Recipe Source: Desley Insall, Collingwood College

The Kitchen Garden Students love making pasta. This is a pasta dough and sauce recipe that is used in kitchen classes. Tip: Never wash the pasta machine – it will rust! Just brush down with a strong brush to remove the leftover dough.

Equipment:

pasta machine
large saucepan with lid
kitchen scales
small bowl or jug
fork
plastic wrap
colander
tongs
salad spinner (optional)
tea towels
chopping board
large knife
food processor

Ingredients:

For the pasta dough:

olive oil
salt for the water
500 g plain flour
3 teaspoons salt for the dough
4 eggs
70 g puréed beetroot (see Note)
extra flour for dusting

For the sauce:

a big basket of herbs – parsley,
basil, thyme, marjoram, oregano
4 garlic cloves
extra virgin olive oil
salt flakes



What to do:

For the pasta:

- Get an adult to help fix the pasta machine to a suitable bench. Screw the clamp very tightly.
- Put the large pot of water on high heat to boil. Add a dash of olive oil and plenty of salt.
- To make the pasta dough, first combine the flour and the rest of the salt in a food processor.
- Lightly whisk the four eggs in a small bowl or jug.
- With the motor of the food processor running, add the eggs and beetroot purée.
- Process until the dough is clinging together and springy. If it is a bit wet, add more flour, a little at a time.
- Tip the dough onto a clean, dry workbench. Knead the dough for a few minutes.

- Wrap it in plastic film and let it rest for 1 hour at room temperature.
- Divide the dough into four equal parts (wrap up what you don't use to keep it from drying out).
- Set the pasta machine rollers to the widest setting, and feed one of the dough balls through.
- Reducing the settings on the pasta machine rollers by one notch each time, passing the dough through each setting two or three times.
- Once your dough has been rolled through a fine setting (at 6 or 7 on the dial) cut the pasta into sheets across its width.
- Lightly flour some baking trays and set aside these sheets of raw pasta with a clean tea towel between each layer of pasta, prevent them from sticking. Set aside the pasta until ready to cook.
- Cook the pasta in the boiling water for two to three minutes
- Once the pasta is cooked, drain off the water - but save 1 cup of pasta water to help thin the sauce if needed.
- Immediately put the pasta back into the pot.
- Add the herb sauce and gently toss, using tongs, to coat the pasta in the sauce.
- Taste for seasoning, then serve.

For the sauce:

- Wash all the herbs and dry them very gently in a salad spinner or tea towel.
- Set out the chopping board and knife. Dampen a clean tea towel, fold and place it under your chopping board to prevent it from slipping.
- Peel the garlic and chop it.
- Puree the garlic in the food processor or Magimix.
- Add the herbs and enough extra virgin olive oil to make a runny sauce.
- If the sauce is too thick, use the set aside pasta water to thin.
- Taste and add salt and pepper, as needed.
- Toss with the cooked pasta, as above.

Note: To make the beetroot purée:

Trim the leaves from 2 whole beetroot, place in a pot, cover with cold water and bring to the boil. Cook until the beets are soft when skewered all the way through (about half an hour). Drain and cool, then peel the skin off. Chop up the beetroot, place in a food processor and pulse until it forms a fine, smooth paste. Measure out 70 g for this recipe and freeze the excess in a tub for another time.

