

Basic Egg Noodles

Fresh from the garden: eggs

Recipe Source: This recipe is adapted from an original recipe by Lee Geok Boi in *Classic Asian Noodles* (Marshall Cavendish 2007).

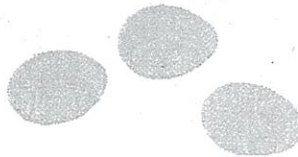
This simple recipe uses the weight of the eggs in their shells to determine the amount of flour required (double the weight of the eggs) and half a teaspoon of bicarbonate of soda to every egg used. You can work out how much noodle you will make by first weighing your eggs, then adding to that weight double the amount of flour.

Equipment:

metric measuring scales
sifter
large bowl
pasta machine with noodle
cutter attachment
clean tea towels

Ingredients:

1 teaspoon bi-carb soda
1½ teaspoons salt
plain wheat flour (double the
weight of the eggs in their shell)
2 eggs in their shells
corn flour, for dusting



What to do:

- Weigh the eggs to determine how much flour to use.
- Sift the bi-carb, salt and flour into a large bowl.
- Break the eggs into the flour and knead until the dough is smooth.

To make the noodles:

- Divide the dough into 4 balls.
- Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with clean tea towels.
- Shape the dough into a round ball and press it down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8 cm wide with folded sides. Sprinkle with corn flour on both sides. The dough can be quite dry at first, but keep working it and be very careful with sprinkling flour.
- Set the rollers on the pasta machine to the widest setting and pass the folded dough through. Keep it aligned so that the folds run vertically up the rectangle as you pass it through.
- With the long side of the rectangle nearest you, fold left and right sides in again, in thirds, to form a shorter, fatter rectangle. Again, place it with the folds running vertically up the piece of dough and roll it through the rollers. Do this 3-4 times, folding long sides into the centre each time. (This process is called laminating.)

double
recipe

Season: All

Type: Basics

Difficulty: Intermediate

Serves: Your portions will depend on the weight of your eggs, but a good rule of thumb is 1 egg per at-home serve.