

Kitchen Garden at Collingwood College –Term 3, week 4, 2017

Name of Recipe: BEETROOT PASTA with Pumpkin, Garlic & Herb Sauce

Volunteer Notes: Your group will be rolling, cutting & cooking the pasta.

Another group will be making the sauce & pasta dough for the next lesson.

Ensure all students understand how to set up a pasta machine & clean it correctly>no water/dry cloth!

| What to collect | What to do |
|--|---|
| 2 x Pasta machine 2 x rubber matts 1 x Large pot with lid Pasta Insert Strainer XV Olive oil Cooking salt Chopping board, knife, trays 3 x bowls or platters with tongs | <p>Divide the group into pairs. Each pair to work together on 1 pasta machine.</p> <p>Ensure A LARGE pot of water is on to boil, add olive oil and salt. WHY???</p> <p>Ensure the students read through the pasta recipe, before demonstrating the pasta rolling/cutting. Cut a small piece of the dough (cover what you don't use), press it flat with the heel of your hand and start to feed thru the pasta machine on the widest setting. Fold the dough into 3, pass again, repeat fold, pass thru again. Pass thru each setting 2-3 times. Dust with flour if sticky. Once at the number 7 setting, then cut the widths. Set aside on lightly floured tray, until ready to cook. Cook the pasta for 2 minutes in fast boiling water. Drain into a bowl to mix with the sauce. Divide & serve.</p> |
| Pasta Dough: 500gm plain flour 3 tsp salt 4x eggs, lightly beaten 70gm pureed beetroot Measuring scales Large bowl Wooden spon Gladwrap | <ul style="list-style-type: none"> • Measure the salt & flour into a large bowl, add the eggs/ puree. • Stir the mix with a wooden spoon to combine & then tip out onto the clean bench and knead until the dough is clinging together & springy. • If it is a bit wet, add more flour. • Wrap in glad wrap & leave to rest 1 hr. |