



Pasta Water and Flour

Cavatello

Ingredients:

Ingredients:

130 gr. Water;

Oliv oil 1 spoon;

flower 100 gr.

Semola 125 gr.

Preparation:

To prepare the cavatelli starting from the semolina pasta: mix the two flours in a bowl and transfer them on a pastry board, forming the classic fountain in the middle. Add the water a little at a time and knead. Finally add the oil and continue to knead until you get a very smooth and soft dough to which you will give a round shape. Wrap the semolina pasta in the film and let it rest for 10-15 minutes. minutes for the dough to become very elastic. After this time, take one piece of dough at a time and form a not too thin tube with it. Divide the pasta tube into 1 cm wide chunks. Now shape the cavatelli: by exerting a light pressure, dig the cavatello inside, curling the edges a little. Put the cavatelli on a tray and sprinkle with the semolina. You can also cook the cavatelli immediately, but we advise you to let them dry for at least a couple of hours on a work surface (or even in the fridge) so that we have a more robust consistency during cooking. Cook the cavatelli in boiling salted water for at least 7-8 minutes, always checking the cooking with a taste. Keep the cavatelli in the fridge for a maximum of 4 days. You can also freeze the cavatelli: let them freeze for half an hour well separated on a tray and then store them in a freezer bag. This way they do not stick together.

Cavatelli made to dry can be stored for a maximum of two weeks

Keep Cooking and Enjoying Traditional Roman Food.

Buon Appetito!

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