



Eggless and GF fresh pasta

Equipment

Measuring cups & spoons

Small Bowl

Pasta roller

Big saucepan

Ingredients

3 tbsp ground flax seed

135 ml warm water

240 g cup chickpea flour

Polenta

What to do

Task 1 : Prepare ingredients

In a small bowl, whisk together the flax seed and warm water. Set aside for 5 minutes, or until thick and gelled.

Bring a pot of salted water to a boil.

Task 2 : Combine and shape

On a large baking board, pile chickpea flour and make a well in the middle. Pour in flax seed mixture in the well.

Begin gently mixing the flour with the flax seed mixture until well combined. Form dough into a disc and wrap in plastic wrap and let rest at room temperature for 10-15 minutes.

Divide dough disc in quarters and roll out to very, very thin on a polenta floured surface. Cut the dough into desired pasta shapes. Dust with a little polenta to prevent it to sticking together.

Task 3 : Cook and serve

To cook, drop pasta into rapidly boiling water. Cook for 2-3 minutes or until all pasta is cooked through. Keep a close eye on it, because it'll overcook quickly. Drain and combine with the desired sauce.

Task 4 : Clean the machine

With a pastry brush only!



Source: <http://wholefully.com>