



GLUTEN FREE PASTA TIPS

Recipes from Pasta Love by Jaclyn Crupi

BACKGROUND

Prior to writing this book I had never made fresh gluten-free pasta.

I had tried some packet gluten-free pasta from Italy but found it tasted too strongly of corn. But I am determined to be as inclusive as possible.

I didn't want to just learn to make gluten-free pasta, I wanted to learn to make delicious gluten-free pasta. Pasta is for everybody.

The following recipes are based on Vince Lotito from Ardor Food Company's flours. He has spent years specially formulating them. But feel free to try any gluten-free flour (I recommend a gluten-free bread flour mix), including the blend in Melanie Persson's recipe. These quantities serve 2 people.



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GLUTEN-FREE VEGAN DOUGH

200 g plain
gluten-free flour,
sifted

1 tbsp egg replacer
3/4 cup water
splash of olive oil

METHOD

Place the dry ingredients in a bowl or on a wooden board. Form a well in the centre and add the wet ingredients.

Work the wet ingredients into the dry ingredients until the dough comes together.

Place the dough on a wooden board and knead it for a few minutes.

Shape the dough into a lozenge and cut it into six pieces.

Use a rolling pin to flatten each piece into a circle of dough.

Roll the flattened dough through a pasta machine on the widest setting. Roll it through each subsequent setting, stopping when it's 1.8 mm thick.

Roll the dough through the spaghetti cutters.

Cook the pasta in well-salted boiling water for 2.5 minutes.



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GLUTEN-FREE EGG DOUGH

200 g plain
gluten-free flour,
sifted

pinch of salt

2 eggs, beaten

1/4 cup water

splash of olive oil

METHOD

Place the dry ingredients in a bowl or on a wooden board. Form a well in the centre and add the wet ingredients.

Work the wet ingredients into the dry ingredients until the dough comes together.

Place the dough on a wooden board and knead it for a few minutes.

Shape the dough into a lozenge and cut it into six pieces.

Use a rolling pin to flatten each piece into a circle of dough.

Roll the flattened dough through a pasta machine on the widest setting. Roll it through each subsequent setting, stopping when it's 1.5 mm thick.

Roll the dough through the fettucine cutters.

Cook the pasta in well-salted boiling water for 3 minutes.



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GLUTEN-FREE GNOCCHI

500 g desiree
potatoes, boiled
then peeled

120 g gluten-free
gnocchi flour

pinch of nutmeg

pinch of white
pepper

big pinch of salt

METHOD

Pass the warm potatoes through a schiacciapatate (or a passatutto or mash with a fork).

Place all the ingredients in a bowl or on a board and use your hands to work them together and form a dough.

As soon as the dough comes together, place it on a wooden board and knead it gently.

Shape the dough into a long lozenge shape.

Cut the dough into slices and roll each slice into a rope of dough.

Cut the dough into 1–2 cm pieces.

Cook the gnocchi in well-salted water until they float to the surface.



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GUEST RECIPE: MELANIE PERSSON

GLUTEN-FREE PASTA DOUGH

SERVES 2

65 g rice starch	5 g psyllium husk powder	1 tbsp olive oil
50 g tapioca starch	pinch of salt	rice starch for dusting
50 g corn starch	3 extra large eggs	
30 g potato starch	and 1 yolk (total 180 g)	
9 g xanthan gum		

METHOD

Sift together the dry ingredients and pour them into a mound on your work surface. Create a well in the centre.

Add the eggs, yolk and olive oil to the well and whisk with a fork. Gradually incorporate the flour blend into the wet ingredients.

When mostly combined, begin to work the dough with your hands. Knead for about 10 minutes (or use the standard blade in a food processor and blitz until a smooth dough forms).

Divide the dough in two and work with one portion at a time, covering the other to keep it from drying out.

Roll the dough out with a rolling pin until it is about 1 cm thick, then feed it through the roller on your pasta machine on the

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widest setting. The dough may crumble or break if it hasn't been kneaded enough. If it does, gather the dough, roll it out again with the pin, then pass it back through the machine.

Continue to feed it through the roller, reducing the width after each pass through. If the dough is tearing easily or crumbling along the edges, you may need to fold the sheet into a thicker rectangle and pass it through a wider setting. Alternating between the widest settings and slightly thinner settings and folding the dough back up between passes will help to work the dough and bring it together. If this is necessary, it's likely that the dough wasn't kneaded enough initially or that it needs a little extra moisture.

If the dough starts to stick to the roller, dust both sides lightly with rice starch. Roll it to about 1.5 mm thickness, then fold or cut the pasta into the desired shape (for this recipe pappardelle).



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