

## Egg Noodles

The Pennsylvania Dutch often serve noodles as well as potatoes, especially if sweet potatoes are on the menu. Variations on the basic egg noodle have been added in the past few years, giving color and variety to one of our best loved starches.

**Variations:** Use  $\frac{1}{4}$  cup chopped, drained, cooked spinach or tomato paste instead of the water.

Yield: 1 lb. of noodles (enough for 6 to 8 servings).

2½ cups all-purpose flour

3 large eggs

½ teaspoon salt, opt.

$\frac{1}{4}$  cup cold water

Put 2 cups of the flour and the salt in a deep bowl or on a pastry board. Make a well in the middle of the flour and add the eggs and water. Mix with your hands or in a food processor until well blended and smooth. Form into a ball and wrap with wax paper or cover until the dough feels tender, at least 30 minutes. If using a food processor, mix until the dough forms a ball, adding extra flour if necessary. When ready to roll out, cut the dough into three parts if rolling by hand, six parts if using a pasta machine. Dust a little flour over and under the dough to prevent sticking. (It will take more flour if using a pasta machine.) Roll paper thin and flour both sides again. Starting at one end of the dough, roll up into a neat, tight roll, jelly-roll fashion. With a very sharp chef's knife, cut the roll into thin slices, about  $\frac{1}{4}$  inch wide. As the slices fall onto the board, toss them lightly with your hand so they do not stick together. Unroll the noodles and let them dry on paper towels.

If using a pasta machine, roll and cut dough to the desired thickness. Be sure to add plenty of flour as they fall from the machine to prevent them from sticking together.

Uncooked noodles may be stored in an airtight container and refrigerated up to 3 days.

To cook, drop noodles into 8 cups of water (add a tbsp. of vegetable oil or butter to prevent them from sticking together) brought to a rolling boil in a large pot and continue to boil another 5 minutes or until they reach the desired level of doneness. Pour into a colander to drain. Serve in a heated bowl with your favorite sauce.

To cool and store, or use for cold salads, run cold water over the noodles in the colander, making sure they are not sticking together. When completely drained and cool, store in an airtight container and

refrigerate until ready to use. These will keep for 3 to 4 days.