

Recipe

Fresh Green Fettuccine with Garden Basil (from scratch)

Ingredients

2 & 1/3 cups of all-purpose flour

4 extra whole large eggs plus 1 yolk (room temperature)

1 cup of fresh basil leaves (stems removed)

1 tablespoon of extra virgin olive oil

Directions

- Bring a saucepan of water to boil. Meanwhile, fill a mixing bowl with water and 2 cups of ice.
- Flash-boil the basil leaves for 45 seconds in the boiling water. They'll wilt quickly.
- Scoop out the basil leaves and "shock" them in the ice water. The submersion in cold water will stop the basil from wilting further and preserve the basil's natural bright green color.
- Drain the cooled-down basil leaves.
- Blend on (in a blender or food processor) the eggs, olive oil, and basil leaves. Mix on high speed for 90 seconds—until a green, smooth blend forms.
- Pour your flour into a mixing bowl and create a 5-inch-wide well in the center.
- Add the basil-egg mixture to the well, mixing the flour and egg ever so slowly together with a fork.
- Knead the dough on a floured surface for 3-4 minutes until elastic-and-smooth. Add extra flour or water as needed to ensure an even dough—not too sticky and not too dry.
- Let the dough rest, under a moist towel, for 30 minutes before rolling it out or cutting it.



- Flatten the rested dough and then roll into 2 or 3 rectangular sheets—aiming for about the height of a few pieces of construction paper.
- Slice the sheets into rectangular strips to make fettuccine.
- Boil the noodles in a large pot of steaming-hot salted water for 4-5 minutes to cook.

Chef Chris Atwood's Notes:

Fettuccine are traditional egg noodles from central Italy – a cousin to the thicker “tagliatelle” noodles. Fresh pasta is easiest to knead with room temperature eggs. So, it’s best to take your eggs out of the fridge 30-35 minutes before working the dough. In addition, seek out either fresh eggs from your farmer’s market or organic / free-range eggs. The richer the yolk, the better the end pasta!

