

Flourish Homemade Pasta



BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

For breads, rolls, and other yeast-raised baked goods: Increase liquids $\frac{1}{4}$ cup (60g) at a time until you reach the desired dough consistency.

For cookies: Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more: Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

Ingredients

- 4 large eggs (room temperature)
- 2 $\frac{1}{2}$ cups [Flourish flour](#)
- 1 tablespoon olive oil
- 1 teaspoon fine sea salt

Instructions

1. Add all ingredients to the bowl of a stand mixer, fitted with the dough hook. Knead the dough on low speed for 8-10 minutes until it is smooth and elastic. (If the dough seems too dry, add in an extra tablespoon or two of water. If the dough seems wet or sticky, just add in some extra flour, but you want the dough to be fairly dry.)
2. Form the dough into a ball with your hands and wrap it tightly in plastic wrap. Let the dough rest at room temperature for 30 minutes. Use immediately or refrigerate for up to 1 day.
3. Roll out the pasta dough into your desired shape, either by hand or using a pasta maker (see notes above). Cook the pasta in a large pot of generously-salted boiling water until it is al dente, usually between 1-5 minutes depending on the thickness of your pasta. Drain and use immediately.

We're here to help: flourish-flour.com