

INGREDIENTS

- ◆ 1 egg, beaten
- ◆ 1/2 teaspoon salt
- ◆ 140g plain flour
- ◆ 2 tablespoons water

METHOD:

- In a medium sized bowl, combine flour and salt.
- Make a well in the flour, add the slightly beaten egg, and mix.
- Mixture should form a stiff dough. If needed, stir in 1 to 2 tablespoons water.
- On a lightly floured surface, knead dough for about 3 to 4 minutes.
- With a pasta machine or by hand roll dough out to desired thickness. Use machine or knife to cut into strips of desired width.

To cook the fresh noodles...Bring a large pot of lightly salted water to the boil. Add the noodles, and cook for 2 to 3 minutes. Fresh noodles cooks very quickly. It will float to the surface when fully cooked. Drain, and use as desired.

SERVES

4

TIME TO PREPARE

15 MINS

TIME TO COOK

3 MINS

COOKING TEMP

N/A



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FRESH NOODLES

THE PEARSON CENTRE FOR YOUNG PEOPLE

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