

Homemade Fettuccine and Alfredo Sauce

Day One- Dough

Ingredients:

2 1/3 cups flour

1/2 teaspoon salt

2 beaten eggs

1/3 cup water

1 teaspoon cooking oil

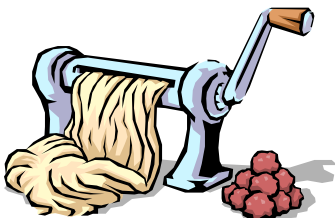
Procedure:

1. In a large bowl, stir together 2 cups of the flour and the salt. Make a well in the center of the flour mixture. In a small bowl, combine eggs, water, and oil. Add egg mixture to flour mixture and stir to combine.
2. Sprinkle a clean kneading surface with the remaining 1/3cup of flour. Divide dough into four equal parts. Each team member will knead the dough on the floured surface. Knead the dough until it is smooth and elastic (8-10 minutes total). Re-form the dough into one large piece. Cover and let the dough rest for 10 minutes.
3. Put your dough in a gallon sized freezer bag marked with your period and kitchen number. Put dough in the refrigerator.

Day Two- Noodles

Procedure:

1. Divide the dough into 4 equal portions. On a lightly floured surface, roll each dough portion until it is an oval and very thin. Starting at the short end, roll the dough into a tube. Cut into 1/4 inch strips. Unroll the strips.
2. Place the pasta back in the freezer bag, using waxed paper to separate the layers. Make sure you can reseal the freezer bag.



Day Three- Alfredo Sauce

Ingredients:

¼ cup butter

¾ cup grated parmesan cheese

1 cup heavy cream

dash black pepper

½ teaspoon minced garlic (optional)

Procedure:

1. Cook pasta in lightly boiling salted water for 2 minutes; drain.
2. Add butter, heavy cream, parmesan, black pepper and garlic (if desired) to a saucepan. Turn burner on to low heat. Stir well to blend ingredients together.
3. Add fettuccine noodles to the saucepan and combine. Turn off the heat and enjoy!

