

RAVIOLI



Pasta

Per person (gives 30 ravioli)

Recipe 1

125g flour

1 egg

1 tablespoon oil

1-2 tablespoons water

425g
2
25g
50-75ml

Recipe 2

100g flour

1 egg

1 tablespoon oil

Step 1:

Place the flour in a mound on a clean work surface. Make a well in the center of the flour. Crack the egg into the center of the well. Use a fork to gently whisk the egg while using your other hand to secure the outer walls of the flour. Add the oil and water (recipe 1). Continue whisking, gradually drawing in the flour as you go until the dough becomes thick.

Step 2:

Use your hands to bring the dough together. Knead the dough for 5 minutes or until smooth, shiny and elastic. (To check if the dough is ready, press it with the tip of your finger. If it springs back, it means it has reached the desired texture.) Shape the dough into a disc and coat lightly with flour. Wrap in plastic wrap and set aside for 30 minutes to rest.

Step 3:

If you used ingredients for more than one person, divide the dough into equal portions for each person. Use the palm of your hand to flatten the dough. Prepare ravioli according to method used.

Pasta machine:

Set the pasta machine on the widest setting and coat the pasta rollers lightly in flour. Feed 1 portion of dough through the machine. Repeat 6 more times, folding the pasta into thirds and then turning it 90 degrees to the pasta machine before you feed the pasta dough through each time.

When the dough is the same width as the machine, stop folding it into thirds. Continue to feed the dough through the machine, gradually narrowing the pasta machine settings, 1 notch at a time, before you feed the pasta dough through each time. Repeat until you reach the second last setting on the machine. Repeat with the remaining dough portions.

By hand:

Roll out dough on well floured surface or place the dough on a sheet of cling wrap. Cover with a second sheet. Place two small pieces of wood on both sides (size of thickness) and roll out dough into a square.

Tip: always keep unused dough covered.

Filling the ravioli:

Method 1:

Roll out the dough into thin strips about 4 to 8 cm wide depending on the desired size of ravioli. Using a tablespoon, place mounds of filling 4 to 8cm apart down the center of the dough. Brush a little water across the top and bottom of the strip and between the mounds of filling. Place another strip of dough over the top. Press the dough down around the mounds of filling to seal. Cut the ravioli into squares using a ravioli cutter, pastry cutter, or a knife.

Method 2:

Liberalily flour the ravioli mold. This is an important step in ensuring that your ravioli will pop out of the mold after they are formed.

Cut your strips of rolled out dough so that they are about 1-inch wider and longer on all sides of the ravioli mold.

Place one sheet of pasta over the ravioli maker. Gently press the pasta into the depressions of the mold to form cups. Some ravioli molds come with a plastic form that you press into the dough over the metal mold to create the depressions.

Using two spoons, place about a tablespoon of filling into each pocket. You want enough filling in each ravioli to have a nice shape, but not so much that you will have trouble sealing the edges of the pasta.

Brush the edges of the pasta lightly with water. This will help the ravioli to have a tight seal and not break when boiled. Remember, not too much water or the dough will get gummy.

Place another sheet of pasta over the ravioli filling. This will actually form the bottom of the ravioli.

Use a rolling pin to press the two layers of pasta together. Start with gentle pressure to press out any air and to form a seal. Then use more pressure to cut the pasta into individual ravioli. Peel off excess dough from around the ravioli.

Turn the ravioli maker over and give the mold a shake. The ravioli should easily fall out of the mold. If they don't, tap the edge of the mold against a firm surface such as your countertop.

Examine each ravioli to be sure it is properly sealed around the edges.

Tips:

Always use a lot of flour to prevent sticking

Try other pasta such as tortellini, cannelloni, lasagna

Cook fresh pasta in boiling salt water for about 2 to 3 minutes until they float on the surface

Fillings:

Bocconcini, dried tomatoes and rocket

Per person:

60g bocconcini
60g sundried tomatoes
half a bunch of rocket
half a handful of grated parmesan
olive oil, salt and pepper
butter

Finely cut bocconcini, tomatoes and half of the rocket. Add parmesan. Mix in a bit of live oil and mix and press with a fork until crumbly and firm. Add salt and pepper.

While ravioli are cooking heat some butter in a pan with remaining rocket. Once ravioli are cooked add them shortly to the butter. Put on a plate and sprinkle with parmesan.

Chicken filling

Per person:

100g chicken mince or finely chopped chicken
15g bacon
1¼ carrot
1¼ onion
1½ tablespoon oil
1½ tablespoon cream
1 tablespoon grated parmesan
salt and pepper

Cut all ingredients finely. Fry for about 5 minutes in oil. Blend in blender adding cream. Add parmesan.

