



with Don Dickey

**Pasta from Scratch
Class Recipes**

PEANUT SAUCE

Asian-inspired Pasta Sauce

1/3 C	Creamy Peanut Butter
14-oz can	Coconut Milk (unsweetened)
2 tsp	Toasted Sesame Oil
1 TBS	Soy Sauce (optional)
1 TBS	Lime Juice (optional)
2 tsp	Ginger, grated (optional)
pinch	Cayenne Pepper (optional, for heat)
	Salt & Pepper to taste

- Melt peanut butter in non-stick saucepan.
- Mix in 3/4 can coconut milk; heat thoroughly.
- Mix in sesame oil, soy sauce, juice, ginger, and cayenne to taste.
- Adjust flavorings & seasonings.
- Adjust consistency with remaining coconut milk as required.
- Toss with your favorite pasta while still hot.
- Sauce thickens considerably as it cools.

Recipe Tip

- For a complete meal, add caramelized onions, chopped garlic, julienne carrots, broccoli florets, peas (sugar snap or green), and either shrimp (peeled and deveined) or pieces of grilled chicken.

PESTO

Basil Pasta Sauce

3 C	Basil leaves (loose, un-packed)
4~6 cloves	Garlic
1/2 C	Walnuts, Almonds, or Pine Nuts
1/4 C	Parmesan or Pecorino-Romano Cheese, grated
1/4 tsp	Black Pepper, fresh ground
1/2 C	Extra Virgin Olive Oil
	Kosher Salt to taste

- Wash and spin-dry basil.
- Put garlic and nuts in food processor; pulse to rough chop.
- Add basil, cheese, and pepper; pulse to mince.
- Add olive oil; pulse to combine.
- Taste and adjust seasonings.
- Freeze or use fresh.

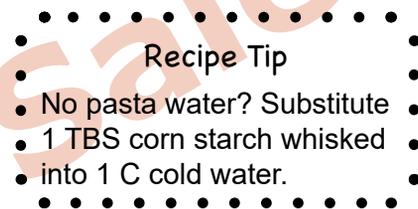
SIMPLE CREAM SAUCE

1 1/3 C	Heavy Cream (divided)
4 TBS	Butter (half stick, split or divided to melt faster)
3/4 C	Parmesan or Pecorino Romano Cheese, grated
	Salt & Freshly Ground Pepper to taste

- In a large non-stick saute pan, combine 1 C cream and butter.
- Heat gently until butter melts and cream barely simmers; turn off heat.
- Cook pasta in boiling salted water to al dente; do not overcook.
- Drain pasta and transfer to pan with warm cream and butter.
- Mix in remaining 1/3 C cream and cheese.
- Heat gently 1~2 minutes until sauce thickens, tossing to mix well.
- Portion and serve immediately.

LEMON CREAM SAUCE

2 TBS	Butter (or Extra Virgin Olive Oil)
1 medium	Shallot (or 1/2 small sweet onion), minced
1~2 cloves	Garlic, minced
1 1/2 C	Pasta Cooking Water, divided
1/2 C	Heavy Cream
1 TBS	Zest of 1 Lemon
2 TBS	Juice of 1 Lemon
1/2 C	Parmesan or Pecorino Romano Cheese, grated
1/2 tsp	Black & White Pepper, fresh ground
	Salt to taste
3~4	fresh Basil leaves, chiffonade cut



- In a large non-stick saute pan, cook shallot in butter until soft.
- Add garlic to pan and saute briefly; do not brown.
- Cook pasta to al dente and drain, reserving ~ 2 C of cooking water.
- Add 1 C pasta water and cream to pan; bring to simmer.
- Mix in lemon zest & juice.
- Add hot cooked pasta and toss to coat.
- Mix in grated cheese, pepper, and salt (to taste).
- Sauce will thicken as the pasta cools.
- Adjust thickness with additional pasta water as desired.
- Plate dishes and garnish with fresh cut basil.
- Serve immediately with additional grated cheese for the table.

BUTTERNUT SQUASH SAUCE

1 #	Butternut Squash or Fresh Pumpkin
2 TBS	Extra Virgin Olive Oil (as required)
1 medium	Sweet Onion, chopped
1~2 cloves	Garlic, thinly sliced
1 C	Vegetable Stock (or pasta cooking water)
¼ C	Tomato Sauce (optional)
3~4	Sage leaves, fresh, chopped (or ½ tsp dried)
½ C	Cream or Half & Half
¼ C	Parmesan or Pecorino Romano Cheese, grated (optional)
	Salt & Pepper to taste

- Preheat oven to 400°F while you proceed with the recipe.
- Halve squash lengthwise, remove seeds, peel, and cut into 1-inch cubes.
- Toss (in plastic bag or mixing bowl) with EVOO to coat lightly.
- Spread coated cubes in a single layer on a sheet pan lined with foil.
- Season with salt & pepper; roast until soft ~ 1 hour.
- Saute onion in EVOO or butter until translucent; add garlic; saute briefly.
- Transfer cooked squash and onion/garlic to a food processor.
- Add stock, tomato sauce, sage, and cream; process until smooth.
- Transfer to a non-stick saucepan and heat to barely simmering.
- Mix in grated Italian cheese if desired.
- Taste and adjust seasonings.

Recipe Tips

- Use frozen butternut squash to save time.
- No food processor - no problem: Just substitute canned pumpkin (not pie mix).

HOME-MADE EGG PASTA

makes 14 ounces = 400 g

3 large Eggs, beaten
2 C All-purpose Flour (unbleached)
½ C Flour for bench & dusting

- Mix flour into beaten eggs by-hand, food processor, or stand mixer.
- Knead dough briefly by-hand or with dough hook.
- Wrap dough in plastic and bench-rest 10~20 minutes.
- Secure pasta machine to counter with clamp.
- Adjust machine's rollers to the widest setting.
- Divide dough into 4 pieces; work with 1 at a time; keep others covered.
- Roll well-floured dough through machine twice.
- Adjust rollers 1 step closer together and roll dough through twice.
- Roll dough through twice at progressively closer settings.
- Stop rolling when dough reaches desired thickness.
- Add filling, fold, divide, and crimp for ravioli OR continue for fettuccine.
- Divide dough into 10-inch pieces with bench scraper.
- Crank dough through fettuccine cutters.
- Support pasta where it emerges under machine.
- Hang pasta to dry or arrange in well-floured "nests" on counter.

FETTUCCHINE ALFREDO

4 QT Water to cook pasta
1 TBS Kosher Salt for pasta water

1⅓ C Heavy Cream (divided)
5 TBS Butter (divided into TBS pieces to melt faster)
14 oz Fresh Egg Fettuccine (using recipe above)
1 C Parmesan Cheese, grated
Salt & Freshly Ground Pepper to taste

- Bring a large pot of water to a rolling boil; add salt to water.
- In a large non-stick saute pan, combine 1⅓ C cream and butter.
- Heat gently until butter melts and cream barely simmers; turn off heat.
- Cook pasta in boiling salted water to firm al dente ~ 3 minutes.
note: fresh pasta cooks quickly; do not overcook; finish cooking in sauce.
- Drain pasta and transfer to pan with warm cream and butter.
- Mix in remaining ⅓ C cream and cheese.
- Heat gently 1~2 minutes until sauce thickens, tossing to mix well.
- Portion and serve in warmed bowls: 3~4 entrees or 5~6 appetizers.

WHOLE WHEAT FETTUCCINE

3 large Eggs, beaten
¾ C Whole Wheat Flour
1¼ C All-purpose Flour
Flour for dusting

Recipe Tip
Use finely ground King Arthur
whole wheat for best results.

- Mix flours into beaten eggs by-hand, food processor, or stand mixer.
- Knead dough briefly by-hand or with dough hook.
- Wrap dough in plastic and bench-rest 10 ~ 20 minutes.
- Divide dough, roll, and cut as for fettuccine; dry or cook as desired.

FETTUCCINE WITH SPINACH

10 oz pkg Spinach, chopped frozen
2 large Eggs, beaten
2 C All-purpose Flour (approx)
Flour for dusting

Recipe Tip
This pasta will be green.
Serve with half regular
pasta for a 2-tone dish.

- Cook spinach per package directions.
- Drain spinach; then squeeze or wring out as much water as possible.
- Transfer spinach and eggs to a food processor.
- Run processor to puree spinach thoroughly.
- Add flour and pulse processor to combine and knead dough into a ball.
- Add more flour as required so dough is not overly sticky.
- Wrap dough in plastic and bench-rest 10 ~ 20 minutes.
- Divide dough, roll, and cut as for fettuccine; dry or cook as desired.

FETTUCCINE WITH LEMON

3 large Eggs, beaten
2 TBS Fresh Lemon Zest
2 C All-purpose Flour
Flour for dusting

Recipe Tip
No lemons? Substitute 5
packets of True Lemon.

- Beat eggs; mix in lemon.
- Mix flour into beaten eggs by-hand, food processor, or stand mixer.
- Knead dough briefly by-hand or with dough hook.
- Wrap dough in plastic and bench-rest 10 ~ 20 minutes.
- Divide dough, roll, and cut as for fettuccine; dry or cook as desired.