



*Paradise Island Kids*

**COOK. PLAY. CREATE.**

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**PARENTS PLEASE  
READ BEFORE CLASS**

## Pasta

<b>INGREDIENTS:</b>	<b>COMMENTS FOR PARENTS &amp; KIDS:</b>
1) 3 Large Eggs	
2) 2 Cups All Purpose Flour	Semolina or Bread flour can be used as well
3) 2T Olive Oil	
4) 1t salt	
5) 1-2T Butter (salted or unsalted)	To put on pasta once it is cooked
6) Pasta Sauce (optional)	
<b>EQUIPMENT:</b>	
1) 1 Large Bowl	
2) 1 Small Bowl	For cracking eggs
3) Large Spoon	Soup Spoon works great for this
4) Set of Measuring Spoons & Measuring Cups	
5) Rolling Pin	
6) Plastic Ruler	Please Wash this before class, it will be touching food
7) Plastic Knife	You can use regular knife if OK with your parents
8) Large Pot for Boiling Pasta	
9) Stovetop	Parents will be asked to supervise pasta boiling/draining.
10) Ladle or similar	Kids/Parents will need a ladle or similar to put pasta into boiling water (parents will need to supervise this during class).
11) Pasta Strainer	
12) A Kitchen Work Surface (kitchen counter)	
13) Access to Water & Soap	
14) Trash Can	
15) Paper Towel/Kitchen Towel	
16) Apron (optional)	

## INSTRUCTIONS:

- 1) Crack the eggs one by one into the small bowl. Take out any shells.
- 2) In the large bowl, mix eggs, flour, oil, and salt with your spoon. If Sticky, sprinkle with a little flour and mix.
- 3) Once the dough is not sticky, take it out of the bowl & knead with your hands for 5 mins. on a lightly floured surface.



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- 4) Fill up a large pot with cold water, put 1t salt into the water and turn it to high heat to boil.
- 5) While water is heating up, roll out your dough with a rolling pin. Roll sideways, Flip dough over & roll again.
- 6) Using your plastic ruler cut away any extraneous dough and shape your pasta dough into a square or rectangle.
- 7) Measure out 1.5-inch long by 1-inch high rectangles and cut them out using your plastic knife and ruler. They Should resemble the below rectangle shape (measurements are not exact below). Using the tips of your fingers Gather the middle of each pasta square into a bowtie & pinch it shut. Use up all your dough to make rectangles.
- 8) Once water starts to boil and you have made rectangles with all of your dough, Boil pasta for 5 minutes or until pasta starts to float. Strain your pasta and put it back into the pot. Add butter, mix, serve and enjoy!

