

Fresh Milled Pasta

Ingredients:

- 320g fresh milled hard white wheat flour
- 1 teaspoon salt
- 3 eggs
- 2 Tablespoons water
- 1 Tablespoon avocado oil
- 1 Tablespoon garlic salt

Instructions:

- Mill the flour
- Pour the flour onto a clean counter
- Mix the salt and garlic salt into the flour using your fingers
- Make a well in the middle of the flour/salt mixture
- Add the eggs, water, and oil into the well of your flour
- Using your hands, break up the eggs and mix all the ingredients together
- Continue mixing until all the flour is mixed
- Form a dough ball and let it rest for 20 minutes
- Knead the dough by hand for 3-5 minutes
- Let the dough rest for another 20 minutes
- Use a pasta maker to extrude your pasta into a pot of boiling water
- Cook the pasta for 3 minutes

Serves 6 people