

Ravioli

Ingredients for the Dough: 200g Plain Flour and 2 large eggs (2 servings)

1. Making the Dough.

One of the best things about making fresh *ravioli*, and pasta for that matter, is that it requires minimal ingredients. To form the dough all you need is flour, fresh eggs and time. Start by making a mound of flour on a wooden board. From here, make a well in the centre to form a crater-like shape



2. Crack the eggs into the centre and, with a fork, start whisking to combine flour and egg, slowly incorporating more and more of the flour from the edges of the crater as you go along until you're left with a thick, gooey paste.



3. When the paste is formed and it starts to get a little bit too sticky to work with using a fork, use a dough scraper to incorporate more of the flour, collapsing and pushing the edges into the centre. With your hands, start pressing the mixture together to form the dough and knead for at least 10 minutes. Don't be afraid to use some elbow grease, as this really helps the gluten bind to create that firm, elastic texture that we're after.

To knead, drag the dough forward with your palm, using the other hand to hold it steady. Then pull the stretched dough back over, turn it around and start again. Repeat this process until you're left with a firm, smooth consistency.



A good way of checking if you've kneaded the dough well is to press your finger into the centre. As you lift your finger away, the dough should spring back to take part of its original shape.

4. Wrap the dough in a tea towel (a nice environmentally friendly alternative to cling film) and set aside to rest for about 20-30 minutes at room temperature. Whilst some of the recipes you might have come across suggest refrigerating the dough, we'd advise against this. Why? Condensation from the cool environment of the fridge makes for an overly moist dough. While some moisture is good, too much will make it hard to roll.

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5. Make your filling.

6. Rolling the dough

Flour your surface. Use a rolling pin to press the pasta as thin as possible. You want to build in layers, folding it back over itself, and flattening again and again. You want it as thin as possible, almost see through. Now cut and shape.



7. Using a ruler, score your dough into 1 inch squares. Then, place 1 teaspoon of filling per square. Be careful not to overfill each case as it will burst.



8. Before adding the top layer of pasta to the ravioli, you will want to moisten, with water, the dough around the filling dollops. This will make the dough a bit stickier, allowing the top layer to stick to the bottom layer.

Then, the half of the dough that doesn't have filling on it gets folded over the filling-dotted half.

Take a look at the filling bumps. Use the side of your hand to press the dough together between the bumps, accentuating the pockets of filling in each ravioli.

9. Now, you're going to cut the ravioli apart.

A pizza cutter or a ruler works well for this. Just cut straight lines through the pressed down sections between the filling bumps. (Sometimes the filling bumps will go away a bit, but that's ok, because you will re-accentuate the pocket in the final step.



Take each ravioli and give the edges one last press to seal the edges. This will accentuate any filling pockets that flattened out.

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10. You can now put your ravioli directly into a pot of boiling, salted water. Simmer them lightly until they float (1-2 minutes).