

Homemade Noodles

Homemade noodles are a comforting and versatile staple in many cuisines, offering a fresh and tender texture that store-bought versions simply can't match. Making noodles from scratch might seem daunting, but with just a few simple ingredients and a little bit of time, you can create delicious, silky noodles that elevate any dish. Whether served in a hearty soup, tossed with a rich sauce, or simply buttered and seasoned, homemade noodles are a treat that brings a rustic, homemade touch to your meals. The process of kneading and rolling out the dough is not only rewarding but also allows you to customize the thickness and shape of your noodles to suit your taste.

Ingredients:

- 2 cups all-purpose flour
- 1/2 tsp salt
- 2 large eggs
- 1/4 cup water (more as needed)
- 1 tbsp olive oil

Instructions:

1. Prepare the Dough:

- In a large mixing bowl, combine the flour and salt. Create a well in the center of the flour.
- Crack the eggs into the well, then add the water and olive oil. Using a fork, beat the eggs, gradually incorporating the flour from the sides of the well until a dough begins to form.

2. Knead the Dough:

- Once the dough comes together, transfer it to a lightly floured surface. Knead the dough for about 8-10 minutes, or until it becomes smooth and elastic. If the dough is too sticky, add a little

more flour; if it's too dry, add a few drops of water.

- Form the dough into a ball, cover it with plastic wrap or a clean kitchen towel, and let it rest for at least 30 minutes. This allows the gluten to relax, making it easier to roll out.

3. Roll Out the Dough:

- Divide the rested dough into two equal portions to make it easier to handle. On a lightly floured surface, roll out one portion of dough into a thin sheet, about 1/8 inch thick or to your desired thickness. Keep the other half covered to prevent it from drying out.
- If you have a pasta machine, you can use it to roll out the dough to an even thickness.

4. Cut the Noodles:

- Lightly dust the rolled-out dough with flour to prevent sticking. Using a sharp knife or a pizza cutter, cut the dough into strips of your desired width (typically 1/4 inch for regular noodles). You can also cut the dough into different shapes, like squares for lasagna or thicker strips for fettuccine.
- Repeat the rolling and cutting process with the second portion of dough.

5. Cook the Noodles:

- Bring a large pot of salted water to a boil. Gently shake off any excess flour from the noodles and add them to the boiling water.
- Cook the noodles for 2-4 minutes, depending on their thickness, until they are tender but still slightly firm (al dente). Fresh noodles cook much faster than dried store-bought versions.
- Drain the noodles and serve immediately with your favorite sauce, in soups, or simply tossed with butter and herbs.

Enjoy the authentic taste and texture of homemade noodles, a comforting addition to any meal that showcases the care and love put into home-cooked food.