



Hand-rolled Sardinian Pasta (Lombrichi & Cicciones)

Makes about 550g

INGREDIENTS

- 360g bakers flour, plus extra for dusting (12½oz/about 2⅓ cups)
- Pinch salt flakes, crushed
- 1 cup warm water, more or less (250ml)

TO COOK CICCIONES OR LOMBRICHI

14. Bring a large saucepan of well-salted water to the boil (10g salt/litre water).
15. Add pasta to the water and return to the boil.
16. Stir well then boil for 12–15 minutes, until tender.
17. Drain well, reserving some of the pasta cooking water, and toss with the sauce of your choice.
18. If cooking pasta ahead of time, toss with a little olive oil, cover and set aside, then reheat in the sauce; remembering to reserve some of the cooking water to add to the sauce.

METHOD

1. Put the flour and salt into a bowl.
2. Add half the water and mix with your hands, adding remaining water a little at a time to form a firm dough, you may not need it all and it doesn't take much extra water for the dough to become too soft, so add it very gradually towards the end.
3. Knead on a lightly floured work surface for about 5 minutes, until smooth and elastic; or use an electric mixer fitted with a dough hook.
4. Roll into a ball, wrap in plastic wrap and set aside for at least 1 hour or refrigerate overnight.
5. Dust a tray lightly with flour and place on a clean, dry work surface.

To Make Cicciones

6. Divide dough into eighths and use the palms of your hands to roll each piece into a log about 1cm-thick. Only if it starts to stick, dust the bench with a little flour.
7. Cut the log into 1cm lengths.
8. The cicciones can be left like this, rolled between the palms of your hands into little balls, or rolled down a gnocchi board.

To Make Lombrichi

9. Pinch off a walnut-sized piece of dough and use the palms of your hands to roll it into a long thin worm-shape. Only if it starts to stick, dust the bench with a little flour.
10. Cut the strip into 5cm lengths.
11. Roll each piece between the palms of your hands or along the bench, place them on the tray, toss them well in the flour and spread them out so they don't stick together.
12. Whichever shape you decide on, place them on the tray and toss well in the flour so they don't stick together.
13. Repeat with remaining dough then cover with a clean cloth and set aside until ready to cook.