



Southern Italian Pasta Dough

This recipe uses half soft wheat flour (tipo 00) and half fine semolina flour (semola rimacinata di grano duro). It's important to use semolina flour and not the coarser semolina, the key is the word 'rimacinata' (re-milled) on the packet. This simple pasta dough is used for making all sorts of southern Italian pasta shapes, including cavatelli, foglie d'ulivo, orecchiette and strozzapretti.

Makes about 300g (4 serves)



INGREDIENTS

- 100g (3½oz) semolina flour (semola rimacinata di grano duro)
- 100g (3½oz) tipo 00 flour
- 2 teaspoons extra virgin olive oil (10ml)
- 100ml lukewarm water (⅓ cup + 1 tbsp)
- Pinch salt flakes, crushed

METHOD

1. Combine flours in a large mixing bowl and make a well in the centre.
2. Add oil, water and salt and mix with your hands to combine well.
3. Turn onto a bench and knead for a couple of minutes until smooth.
4. Shape into a ball, wrap in plastic and set aside for at least 30 minutes or refrigerate overnight.

Recipe inspired by Mamma Marinella of Hotel Zi'Ntonio in Scala (Campania).