



Homemade Pasta

Yield: 4-6 Time: 45 minutes

INGREDIENTS

- 2 1/3 cups all-purpose flour or 2 cups whole wheat flour
- 1 teaspoon salt
- 2 eggs, lightly beaten
- 1/3 cup water
- 1 teaspoon vegetable or olive oil

DIRECTIONS

1. In a large bowl or stand mixer, stir together 2 cups flour (1 3/4 cup if using whole wheat flour) and salt.
2. Make a well in the center of the flour mixture.
3. In a small bowl, combine the remaining ingredients.
4. Add egg, water and oil all at once. Stir to combine.
5. Knead the dough by hand or in the stand mixer for 8 to 10 minutes until smooth and elastic, combining the remaining 1/3 cup flour (or 1/4 cup whole wheat flour) while kneading.
6. Cover and let rest 10 minutes.
7. Divide dough into four portions.
8. Use a rolling pin or dough roller to roll dough to about 1/16" thick.
9. Lightly dust with flour and cut as desired.
10. To serve pasta immediately, cook in a large amount of boiling salted water until al dente. Stir occasionally; drain.
11. Cook fettuccine or linguine 1 1/2 - 2 minutes, bow ties or lasagna noodles 2-3 minutes and ravioli or tortellini 7 -9 minutes.
12. To store pasta, spread it on a wire rack or hang it from a pasta-drying rack. Let dry up to 2 hours. Place in an airtight container and store in the refrigerator up to 3 days, or dry pasta at least 1 hour; place in a freezer bag or container and freeze up to 8 months.

Wasatch County Cooking Class, February 2021

Tricia Mathis, FCS/4-H Educator 55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234



Cheese Ravioli

Yield: 4-6 Time: 45min - 1 hour

INGREDIENTS

- 1 recipe Homemade pasta, prepared

For cheese filling:

- 1/2 cup toasted pine nuts
- 1/2 cup part-skim ricotta cheese
- 2 Tablespoons grated or finely shredded Asiago cheese
- 1 Tablespoon olive oil
- 1/2 teaspoon crushed dried basil
- 1/2 teaspoon dried oregano.

DIRECTIONS

1. In a food processor, combine cheese filling ingredients and process until smooth.
2. To make ravioli, roll out dough to about 1/16" thick and cut into 2" wide strips.
3. Drop about 1 teaspoon of desired filling at 1" intervals on one strip of dough.
4. Brush dough with water around the filling.
5. Lay a second strip of dough over the first. Use fingers to press the dough around each mound of filling.
6. Cut dough between filling to make individual ravioli. Repeat with the remaining dough and filling. Let stand about 10 minutes before cooking.
7. Bring a large pot of salted boiling water to a boil. Gently drip 12 to 15 ravioli, one at a time, into the boiling water and stir to prevent from sticking.
8. Simmer gently for 7 to 9 minutes or until tender. Using a slotted spoon, transfer ravioli to a serving dish.

To use a ravioli frame:

1. Cut a sheet of rolled dough so it is a little longer and wider than the frame.
2. Place dough over floured frame, making sure it completely covers frame.
3. Press dough onto the frame with fingers.
4. Fill each hollow with 1 teaspoon of filling.
5. Moisten with water in between each ravioli square.
6. Lay second strip of dough over the first.
7. Using a rolling pin, roll over top of dough, pressing firmly to seal and score ravioli.
8. Cut apart ravioli.

Wasatch County Cooking Class, February 2021

Tricia Mathis, FCS/4-H Educator

55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234



Chicken Alfredo

Yield: 6-8 Time: 1 hour 15 minutes

INGREDIENTS

- 1/2 cup butter
- 8 oz. cream cheese
- 2 tsp. garlic powder
- 2 cups milk
- 1 cup fresh shredded parmesan cheese
- salt and pepper to taste

DIRECTIONS

1. Melt butter in medium-sized saucepan over medium heat. Add cream cheese and garlic powder, stirring until smooth.
2. Add milk slowly, stirring constantly.
3. Stir in parmesan cheese and salt and pepper. When sauce is desired consistency remove from heat. If sauce becomes too thick, add more milk to reach desired consistency.
4. Serve over fettuccine or linguini noodles and grilled chicken or chicken recipe below.

Chicken:

- 2 -2 1/2 lbs. chicken tenders
 - salt and pepper
 - 3 large eggs
 - 1 1/2 cups panko or regular bread crumbs
 - 1 1/2 cups grated parmesan cheese
 - 1/2 cup olive oil, or as needed
 - 4 tablespoons salted butter, or as needed
1. Preheat oven to 200 degrees.
 2. Lightly season chicken tenders with salt and pepper.
 3. In large shallow dish, whisk together flour, 1 teaspoon salt and 1 teaspoon pepper. In another large, shallow dish, beat the eggs. In a third large, shallow dish, whisk together the panko and Parmesan.
 4. Working one piece at a time, dredge chicken in flour, then coat with egg. Then dredge in the panko/parmesan mixture. Set on large baking sheet and repeat with all chicken tenders.
 5. Heat olive oil and 2 tablespoons butter over medium heat.
 6. Place chicken in oil and fry on each side until golden brown.
 7. Place on sheet pan with wire rack to keep warm in oven (if desired).

Wasatch County Cooking Class, February 2021

Tricia Mathis, FCS/4-H Educator

55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234



Bolognese Sauce

Yield: 10-12 Time: 1 hour

INGREDIENTS

- 1 lb. mild Italian sausage
- 1 lb. ground beef
- 1 medium onion
- 1 carrot
- 1 rib celery
- 6-8 cloves garlic
- 1/2 - 1 teaspoon red pepper flakes
- 1 (28 oz.) can crushed tomatoes
- 1 (15 oz.) can tomato sauce
- 2 Tablespoons tomato paste
- 1 teaspoon balsamic vinegar
- 1/4 cup water
- 1 Tablespoon dried parsley
- 2 teaspoons chicken bouillon
- 1 1/2 teaspoons dried oregano
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1 bay leaf
- 1/4 cup chopped fresh basil or 1 Tablespoon dried
- 1/4 cup cream
- freshly grated parmesan

DIRECTIONS

1. Roughly chop onion, celery and carrot.
2. Place in food processor and pulse until finely chopped (or chop by hand).
3. In a Dutch oven, brown ground beef, sausage and onion, celery and carrots over medium heat. Add garlic and red pepper flakes and cook for 30 seconds more.
4. Drain grease.
5. Add remaining sauce ingredients except for fresh basil (if using dried basil, add now and cream).
6. Bring to a simmer and simmer uncovered over low heat for 30-45 minutes, stirring occasionally until reduced and thickened to desired consistency.
7. Stir more often towards the end of cooking to prevent burning.
8. Stir in cream, and fresh basil and cook an additional 3 minutes.
9. Serve with fresh pasta and freshly grated parmesan cheese.

Wasatch County Cooking Class, February 2021

Tricia Mathis, FCS/4-H Educator 55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234