Macaroni a mano (Handmade macaroni)

Recipe Source: Rosa Mitchell

Equipment:
a clean smooth surface to work on, such as your benchtop
small mixing bowl
fork
clean tea towels or cloth
knitting needle
large pot

Ingredients:
500 grams flour
5 eggs
pinch of salt
extra flour for rolling the macaroni

What to do:

• Beat the eggs in your mixing bowl with a fork.
• On your benchtop, place the flour in a mound and make a well in the centre. Add the eggs and the salt.
• With a fork start beating the eggs and gradually mix some of the flour until it starts to thicken.
• Now with your hands mix it all together till you have a ball of dough.
• Knead it for about 10–15 minutes until it is elastic and smooth. If it is too wet you can always add a little more flour.
• Divide the dough in half and roll one half until you have a long sausage shape, about 1½ cm wide.
• When you have a long length of dough cut it into 3 cm lengths. You have to work quickly as the pieces will dry, so only do a few at a time, keeping the rest of the dough under a damp cloth while you are rolling.
• Lay out a clean cloth on a benchtop to place the macaroni on as you make them. You will need a little flour to stop the dough from sticking.
• Place the knitting needle lengthways on top of a length of dough. Roll the needle backwards and forwards, working your hands away from the centre outwards. Gently pull the macaroni off from the knitting needle and place on the cloth. Keep rolling till you have finished all the dough. Have fun!
• To cook your finished macaroni, bring a pot of salted water to the boil, add the macaroni and cook for 2–5 minutes, depending on the size you have made.