

Pasta Recipe

Ingredients:

1. 2 Cups (400g) Organic spelt or wheat grain
2. 1 tsp Himalayan rock salt
3. 5 x Eggs, beaten
4. 4 Cups Distilled water, boiled

Preparation:

1. Measure your favourite grain.
2. Set your stone mill to fine (3 clicks to the right from where the stones touch); remember the mill must be switched on.
3. With the mill switched on pour the grain into the hopper.

Note: Remember once a grain berry has been milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. Solution - only process (stone mill or roll) grains on demand.

4. Add the beaten eggs.
5. Knead/mix the dough for \pm 7 minutes to thick solid ball of dough.
6. \pm equally divide the big ball of pasta dough to make 8 smaller balls.
7. Roll out dough, \pm 2mm thick on a granite top or flat pastry board which has been sprinkled with flour to prevent dough sticking.
8. Sprinkle a little bit of flour on top of the rolled dough and fold - roll it up.
9. With a sharp knife cut the rolled pasta dough into thin slices, \pm 3mm thick.
10. Unroll the slices into pasta strips.
11. The pasta can be cooked immediately.
12. Add the pasta to boiling water and salt and cook at low temperature for 5 minutes once it is boiling.
13. Straining is definitely not needed. Left over water will form a delicious creamy sauce. Nothing to be wasted.
14. Add your favourite homemade organic pesto, stock, sauce, olives and cheese.

Serves 5 adults

VARIATION:

- Make nut milk 1 cup nuts (50% each Almonds & Cashews is works well) to 4 cups water and blend.
- Boil the nut milk with cinnamon sticks and add the pasta and boil for 5 minutes.
- Sprinkle ground cinnamon on top and add one tsp of honey per serving
- Delicious x 2 !!!

Enjoy it &



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