Whole durum wheat extruded pasta

Ingredients for "plain" pasta to be made in a Philips 7000 home pasta machine. Flour basis for one batch is 250 grams.*

Ingredients	*Amount (grams) for one batch*	*Amount (grams) for 2 batches*	*Baker's percent (250g flour basis)*
Whole Khorasan wheat flour	250	500	100
Water	95	190	38
Total	345	690	138

Ingredients for "sourdough" pasta to be made in a Philips 7000 home pasta machine. Flour basis for one batch is 250 grams. Assumption is for a sourdough starter containing flour : water at 100:125 proportions.*

Ingredients	*Amount (grams) for one batch*	*Amount (grams) for 2 batches*	*Baker's percent (250g flour basis)*
Whole Khorasan wheat flour	239	478	96
Mature sourdough starter	25	50	10
Water	81	162	32
Total	345	690	138

** Philips, the manufacturer of the pasta machine recommends using exactly 250 grams of flour made into dough for each batch. This advice is assumed to be due to limits on the mixer and extrusion force and automatic timing.*

Method

Note that the dough water may need to be adjusted up or down from 38% according to the flour used and the shape of pasta chosen. If the pasta is too wet, shapes like macaroni will have closed ends when cut and be sticky. Similarly long pasta will be too sticky to properly separate on the drying rack if the dough is too wet. If the dough is too dry the pasta will not extrude smoothly. Be ready to discard the first and last inches of extruded pasta. Initially the extruded pasta does not hold together smoothly and at the end air is introduced into the dough and the extruded pasta is strangely light colored. See photo.

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[] Weigh ingredients in separate containers. *If using sourdough, combine it with the water as the aqueous ingredient.*

[] Add flour to food processor fitted with a blade and begin processing the flour alone. While machine is running, slowly add the aqueous ingredient through the funnel. Continue mixing or pulsing until mixture is homogeneous and the texture is like fine breadcrumbs. *This may take less than a minute.*

[] Add one batch of flour mixture (345 grams) to the pasta machine. Close the machine and start the automatic run.

Mixing lasts for a timed 3 minutes. Duration of extrusion is not set and seems to depend on the force needed for a particular shape from a particular dough, perhaps 10 -20 minutes. The machine remixes and extrudes once or twice to empty the machine of dough but is practically empty when extrusion stops for the first time. Another batch can be run after the extrusion stops for the first time. At that point the machine needs to be turned off and restarted for the next batch. This routine avoids the production of faulty final or initial pasta.

[] Before adding another batch of dough, turn the power off. Add the next batch of dough, close the machine and again start the automatic run.

Care is needed to recognize when the machine is overheated. 45 minutes of continuous use is the maximum recommended by the machine manufacturer, before resting and cooling for at least 15 minutes.

[] For drying, use a food dehydrator. Transfer pasta to a drying tray in a single layer. Alternatively for long pasta, transfer it to a pasta drying rack, being sure to separate the strands. *Drying in a slight draft should prevent curling.* When the long pasta has become firm after a few hours in the open on a rack, it can be transferred to a drying tray for drying at a chosen temperature e.g. at 95ºF (35ºC) for 2 days, 113ºF (45ºC) for 24 hours. *This low temperature drying is preferred for preservation of texture and nutrients. Actual time needed will depend on thickness of pasta shape and hydration.*

[] Drying is completed when a chosen tray weighed at intervals after the projected drying time, is no longer losing weight (*in a normally dry room*).

[] Dry pasta can be packaged in paper bags for temporary storage in a closed container away from moisture.

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