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Homemade Pasta & Sauce

Basic Fresh Pasta Dough

Adapted from New York Times Cooking App

Yield 4 to 6 servings for cut pasta, 6 to 8 servings for stuffed pasta.

Time: about 45 min. + 30 min resting time

Cooking & Financial Tips

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| 1. Don't overfill water in pot | 1. Don't overdue same investments (e.g., # of stocks) |
| 2. Don't be intimidated by homemade options. | 2. Don't be intimidated from taking steps to financial security. |
| 3. Make substitutions (tomatoes for peppers) | 3. Be creative with financial solutions. |
| 4. Keep it simple: fresh pasta only has 2 ingredients. | 4. Don't overcomplicate your finances. |

Ingredients

- 2 cups 00 or all-purpose flour
- 2 large eggs
- 3 egg yolks, plus more as needed
- Semolina flour, for dusting

Preparation

Mound the flour in the center of a large, wide mixing bowl. Dig a well in the center of the mound and add eggs and yolks. Using a fork, beat together the eggs and begin to incorporate the flour, starting with the inner rim of the well. The dough will start to come together in a shaggy mass when about half of the flour is incorporated.

Use your fingers to continue to mix the dough. Press any loose bits of flour into the mass of dough. If needed, add another egg yolk or a tablespoon of water to absorb all of the flour. Once the dough comes together into a cohesive mass, remove it from the bowl.

Transfer to a lightly floured surface and knead by hand for 4 to 5 more minutes until the dough is smooth, elastic and uniform in color. Wrap the dough in plastic and set aside for at least 30 minutes (and up to 4 hours) at room temperature.

Line three baking sheets with parchment paper and lightly dust with semolina flour. Set aside.

Cut off a quarter of the dough. Rewrap rest, and set aside. Use the heel of your hand to flatten the dough into an oval approximately the same width as your pasta machine, about six inches. Set the rollers to their widest setting and pass the dough through.

Lay the dough out onto a lightly floured cutting board or countertop and neatly press together into halves, so it's again about the same width of the pasta machine. Feed the pasta through again at the widest setting. Think of these first rollings as an extended kneading. Roll the dough once through each of the next four or five settings, adding flour as needed, until the dough is about 1/4-inch thick.

As you roll, lightly sprinkle all-purpose or 00 flour on both sides of the pasta to prevent it from sticking to itself.

Roll out pasta until you can just see the outline of your hand when you hold it under a sheet, about 1/16-inch thick for noodles, or 1/32-inch thick for a filled pasta. (On most machines, you won't make it to the thinnest setting.)

Cut pasta into sheets, about 12 to 14 inches long. Dust the sheets lightly with semolina flour and stack on one of the prepared baking sheets and cover with a clean, lightly dampened kitchen towel. Repeat with remaining dough.

Veggie Pasta Sauce

Adapted from Inspired Taste, Adam & Joanne Gallagher

Ingredients

4 tablespoons olive oil
1 cup (140 grams) chopped onion
2 medium zucchini, chopped (1/2 pound)
2 medium yellow squash, chopped (1/2 pound)
3 garlic cloves, minced (1 tablespoon)
1/2 teaspoon dried oregano
1/4 teaspoon red pepper flakes
2 tablespoons tomato paste
1 (28-ounce) can whole peeled tomatoes
One (12-ounce) jar roasted red peppers, drained and cut into 1/2-inch pieces (1 heaping cup)
5 cups (1/2 pound) spinach leaves
Handful fresh basil leaves, plus more for garnish
Salt and fresh ground black pepper
Parmesan cheese for serving

Preparation

Heat olive oil in a wide skillet with sides over medium heat. Add onion and cook, stirring occasionally until translucent; 3 to 5 minutes.

Add zucchini, yellow squash, garlic, oregano, red pepper flakes, and a generous pinch of salt then cook, stirring occasionally until softened but still with some crunch; 5 to 8 minutes. Stir in the tomato paste and cook another minute. (When making this sauce, we usually end up using between 1 and 1 1/2 teaspoons of fine sea salt.)

Add the roasted red peppers and tomatoes. Bring to a low simmer and cook until the liquid has thickened and reduced by half; about 10 minutes. As the sauce cooks, use a spoon to break up the whole tomatoes into smaller pieces for a chunky sauce.

Take the sauce off of the heat, and then stir in the spinach and basil. Taste then adjust with additional salt if needed. Toss in the cooked pasta, and then leave for a minute so that the pasta absorbs some of the sauce and the spinach wilts. Toss again, and then serve with parmesan sprinkled on top.