



Where Will Your Next Meal Take You?

What a Wonderful World!

Gluten Free Pasta

This tried and true gluten-free pasta recipe uses a pasta machine. For those of you who may not be familiar with it, Xanthan Gum is used in dairy products and salad dressings as a thickening agent and stabilizer. It is also used to prevent ice crystals from forming in ice cream and provide a 'fat feel' in low or no-fat dairy products. And yes, you need THAT much Xanthan Gum.

Measure dry ingredients into the bowl of a stand mixer. Blend, using the paddle. In a separate bowl, lightly beat together the eggs (or flax gel) and oil. With the mixer on low, slowly add eggs and oil mixture to the dry ingredients. Beat at medium speed for about 2 minutes. Dough should be soft — like play dough. If it's too stiff, add water, one tablespoon at a time. Lightly dust the work surface with cornstarch.

Divide the dough into 8 pieces and keep them covered with a damp tea towel or plastic wrap until you're ready. Working with one piece at a time, dust it with rice flour and flatten it. Pass it through the widest setting of a pasta machine. Fold the dough in half and continue the process until the dough begins to hold together and becomes smooth (5-6 passes). A light dusting with rice flour may be necessary if the dough is tacky. When the dough is smooth and holds together, decrease the thickness one notch at a time and roll through until desired thickness is achieved. Cut pasta into desired shapes or leave as sheets. Place pasta flat on a cookie sheet. If layering the pasta or cutting it into shapes, dust liberally with rice flour. Cover and refrigerate until ready to use.

To cook the pasta, bring a large pot of lightly salted water to a boil. Drop the pasta into the boiling water and stir gently. Cook until al dente. Fresh pasta cooks quickly! When the pasta is done, drain and rinse under hot water. Toss with a little extra-virgin olive oil. Use immediately or cool and refrigerate for later use.

TIP: To make quick lasagna, layer sheets of uncooked pasta with gluten-free meat sauce and grated cheese or dairy-free cheese alternative. No need to cook lasagna noodles before assembling.

Ingredients

- ½ cup tapioca flour or sweet rice flour
- ½ cup cornstarch
- 1 cup potato starch or arrowroot
- 1 cup fine brown rice flour, more for rolling out
- ½ teaspoon salt
- 2 tbsp xanthan gum
- 4 eggs or 1 cup FLAX GEL*
- 2 tbsp oil of choice

*FLAX GEL: replace each egg with 1 tablespoon flax meal + 3 tablespoons hot water. (Let stand 10 minutes, stirring occasionally.) Use without straining.

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