



**COMPASSIONATE  
CUISINE**

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# *Homemade Summer Pasta Workshop*

A Virtual Class with Chef Linda

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## *Menu:*

Basic Herbed Pasta Dough  
(with optional flavor bombs to try out)

Summer Corn Sauce with Marinated Tomatoes and Shiitake Bacon Crisps

Broccoli, Carrot, and Pistachio Pesto







# Shopping List



## Dry Goods

All-purpose flour (or substitute “00” flour)\*\* If you want to try optional

flavored doughs, you’ll need an additional 2 cups for each recipe.

Semolina flour (to dust cut pasta, or substitute with fine-ground cornmeal; all purpose flour can also be used)

Nutritional yeast

⅓ cup roasted, salted (or unsalted) pistachios (or substitute your favorite seeds for nut-free)

## Produce

1 bunch fresh basil

½ pound shiitake mushrooms

6 ears fresh corn

1 large zucchini or summer squash

3 carrots

1 small head of fresh broccoli (or 2 cups chopped)

7 large garlic cloves

1 pint cherry tomatoes

1 bunch, about 8, scallions

2 large lemons

## Refrigerated

2 tablespoons yellow, white, or mellow miso paste

## Pantry

Olive oil

Salt

Crushed red pepper flakes

## OPTIONAL Ingredients for flavor bombs:

### Spinach and Basil Pasta Dough

½ cup frozen spinach

½ cup packed fresh basil

### Beet Pasta Dough


1 small beet (approximately 4 ounces)

### Sun-Dried Tomato + Roasted Garlic Pasta Dough

⅓ cup chopped sun dried tomatoes

1 tablespoon tomato paste

2 large cloves garlic







## Basic Pasta Dough

**MAKES ABOUT 1 POUND, 4 SERVINGS**

**EQUIPMENT NEEDED: LARGE BOWL, MEASURING CUPS/SPOONS, ROLLING PIN, SHARP KNIFE, BAKING TRAY & PARCHMENT PAPER, LARGE POT, PLASTIC WRAP**  
**OPTIONAL TOOLS: PIZZA CUTTER, RULER, PASTA MACHINE.**

You may see pasta recipes that call for “00” flour, a powdery, soft-wheat flour that yields a particularly light and porous dough. Our class recipes call for all-purpose because it’s easier to find and more economical, but I invite you to try the 00 flour and see what you think. Some recipes you may come across call for semolina flour which has a coarse texture. You can experiment by replacing  $\frac{1}{4}$  cup of all-purpose (or 00 flour) with semolina + increase the ratio depending on your preferences. The coarse, rustic texture helps delicate sauces cling to the pasta and the texture is slightly chewier.

### Ingredients

2 cups all-purpose flour  
(or substitute “00” flour)

$\frac{1}{3}$  cup finely chopped basil (optional)

$\frac{1}{4}$  teaspoon salt

$\frac{1}{2}$  cup water, plus 2 tablespoons

1 tablespoon olive oil

Semolina, fine cornmeal, or flour  
for dusting

### Directions

Mix flour, basil, and salt together in a large bowl. Make a well in the middle and add the water and the oil. Using your hands, gradually start incorporating the flour by pulling in the flour from the insides of the well. As you incorporate more of the flour, the dough will start to take shape.

With your hands, continue working the dough until it comes together in a shaggy consistency. If the dough feels too dry at this stage, add a little water; if it’s too wet or sticky, add a little flour. Knead the dough until it becomes smooth and elastic. This should take about 5 to 8 minutes. When done, the dough should be smooth and supple, not sticky or dry. Shape the dough into a ball and cover it with plastic. Let it rest for 30 minutes at room temperature or store the dough in the refrigerator for up to a day or two, but allow it to return to room temperature before rolling it out. When ready to shape, divide the dough into four smaller portions. Work with one portion at a time, keeping the remaining three covered with plastic to prevent them from drying out.

*Directions on next page*





## Basic Pasta Dough

**MAKES ABOUT 1 POUND, 4 SERVINGS**

**EQUIPMENT NEEDED: LARGE BOWL, MEASURING CUPS/SPOONS, ROLLING PIN, SHARP KNIFE, BAKING TRAY & PARCHMENT PAPER, LARGE POT, PLASTIC WRAP**  
**OPTIONAL TOOLS: PIZZA CUTTER, RULER, PASTA MACHINE.**

### *Directions Continued*

Hand method for rolling and shaping: Lightly dust a portion of dough with flour and flatten it into a rectangular shape with your hands. Once flattened, begin to roll the dough into a long, thin sheet, dusting with flour on both sides as you go. Roll the pasta as thin as possible, up to the point where you can just about see your hand through the dough. Use a pizza cutter or sharp knife to cut noodles or shapes of desired size. You can use a ruler if you want a straight edge for cutting, moving it in equal increments across the dough as you cut alongside it to make uniform noodles. Thin or thick, bowties, ravioli...once you have the dough you can create any kind of pasta you like.

Pasta machine method for rolling and shaping: Lightly dust a portion of the dough and flatten it into a  $\frac{1}{8}$ " to  $\frac{1}{4}$ " disc or rectangle. Follow the manufacturer's instructions for rolling, but essentially, you'll start with the widest setting, passing the dough through while you crank. Continue to pass through at increasingly narrow settings until you have the desired thickness. For most pasta and ravioli, I end with the #3 setting on the pasta machine. Now you are ready to shape. Attach the pasta machine piece that will yield the desired-sized noodle. Lightly dust the attachment and the sheet of pasta then pass the sheets of pasta through, turning out noodles.

To Hold Pasta: Line a baking tray with parchment and lightly dust with semolina, cornmeal, or flour. Arrange the noodles on the tray and shake back and forth with your hands to dust and prevent sticking. Coil long noodles in small bundles and continue to shape the rest of the dough. You can also hang noodles over the back of a chair by draping a floured dish towel over the back. Ideally, you would allow them to dry for a minimum of 15 minutes before cooking. The drying period will allow the noodles to firm up slightly and help prevent them from sticking to each other.

To cook the pasta, drop handfuls into salted, boiling water. Cook for about 90 seconds to 2 minutes, depending on the shape. Pasta is generally ready when it puffs up and floats to the top.

To freeze pasta, pile uncooked single portions on a large plate or small baking sheet that fits into your freezer. Freeze for about 30 minutes or until the individual pieces aren't sticking to each other. Transfer partially-frozen pasta to storage bags and seal. Label, date, and place in the freezer for up to 3 months.

To dry pasta, hang the strands on a hanger, over a clothes drying rack, or back of a chair in a cool, dry place. Once the pasta is dry and brittle, it can be stored in an airtight container. This can take 12 to 24 hours depending on temperature and humidity.





## Pasta Flavor Bombs

**SPECIAL EQUIPMENT: FOOD PROCESSOR**

**KITCHEN EQUIPMENT: MEASURING CUPS/SPOONS, KNIFE, VEGETABLE PEELER (FOR BEET)**

Use these recipes to add flavor and pizzazz to the basic pasta dough recipe. In each recipe, add the ingredients to a blender or food processor and then use the mixture in place of the water in the basic pasta dough recipe and follow that recipe to complete your pasta. You can also add the flour to the food processor here for easier blending then remove the dough and knead by hand.

From green to fuchsia to sunny orange, there are so many ways to make beautiful pasta. Get creative and make your own flavor-bomb!

### *Ingredients*

#### Spinach and Basil Pasta Dough

½ cup frozen spinach, thawed and excess water squeezed out

½ cup packed fresh basil

½ cup water

1 tablespoon olive oil

¼ teaspoon salt

2 large cloves garlic, roasted or raw

½ cup water

1 tablespoon olive oil

¼ teaspoon salt

#### Sun-Dried Tomato + Roasted Garlic Pasta Dough

⅓ cup chopped sun-dried tomatoes

1 tablespoon tomato paste

#### Beet Pasta Dough

1 small beet (approximately 4 ounces), roasted, peeled, and cut into chunks

½ cup water

1 tablespoon olive oil

¼ teaspoon salt







## *Pasta with Summer Corn Sauce, Marinated Tomatoes, and Shiitake Bacon Crisps*

**MAKES ABOUT 4 SERVINGS**

**SPECIAL EQUIPMENT: FOOD PROCESSOR OR BLENDER**

**Kitchen Equipment:** sharp knife, baking tray, parchment paper, plate, paper towel, medium bowl, mixing spoon, large pan, measuring cup, large pot, and strainer.

Summer means corn and tomatoes...in every way, shape, or form! This simple recipe has three parts that come together to create a delightful and even elegant way to dress up homemade or store-bought pasta. Fresh corn cut fresh from the cob creates a creamy, sweet sauce that's studded with kernels that burst in your mouth. (The trick to making this rich and flavorful is to use some of the water from the cooked pasta.) The experience is made complete with lemony, marinated cherry tomatoes that balance out the sweetness of the corn. And to top it off, crunchy, salty shiitake crisps add texture and smokiness, the perfect embellishment for this warm-weather dreamy dish.

### *Ingredients*

#### Pasta

12 to 16-ounces of store-bought or  
homemade pasta

Salt

Zest and juice from 1 large lemon

1 tablespoon extra-virgin olive oil

½ teaspoon salt

½ teaspoon red pepper flakes

#### Shiitake Bacon Crisps

½ pound shiitake mushrooms, stems  
removed and very thinly sliced  
(reserve stems for stock)

2 to 3 tablespoons olive oil

1 teaspoon coarse salt

#### Summer Corn Sauce

1 tablespoon olive oil

8 scallions, trimmed and sliced

1 ½ teaspoons salt, divided

6 ears of corn, shucked and kernels

removed 2 large garlic cloves, minced

2 tablespoons nutritional yeast

1 large zucchini, sliced in quarter moons

¼ teaspoon ground black pepper

Fresh basil, torn, for garnish

#### Marinated Tomatoes

1-pint room temp. cherry tomatoes,  
halved

2 large garlic cloves, minced

*Directions on next page*







## *Pasta with Summer Corn Sauce, Marinated Tomatoes, and Shiitake Bacon Crisps*

**MAKES ABOUT 4 SERVINGS**

**SPECIAL EQUIPMENT: FOOD PROCESSOR OR BLENDER**

### *Directions*

To make the shiitake crisps, preheat the oven to 400°F. Line a baking tray with parchment paper. Place mushrooms in a mound on the tray. Drizzle with oil and toss to coat. Arrange the mushrooms in a single layer and sprinkle with salt. Roast for about 20 minutes or until they are dark brown, almost burnt. Transfer to a paper towel-lined plate to cool.

Bring a large pot of well-salted water to a boil (about 1 tablespoon). Cook pasta according to the package directions. Drain, reserving about  $\frac{3}{4}$  cup of pasta water.

To make the marinated tomatoes, place the tomatoes, garlic, lemon zest and juice, olive oil, salt, and red pepper flakes in a bowl. Toss to combine. Set aside on the counter for about 30 minutes.

To make the corn sauce, heat the oil in a large pan over medium heat. Add the scallions and 1 teaspoon of the salt and cook for about 4 minutes. Stir in about  $\frac{2}{3}$  of the corn, garlic, and nutritional yeast. Cook until the corn is bright yellow, about 4 minutes more. Transfer to a blender. Add the  $\frac{3}{4}$  cup reserved pasta water and carefully blend until creamy and smooth. Add a little more water if needed so that the sauce is thick but pourable.

To the same pan, add the remaining corn, zucchini, remaining salt, and black pepper. Cook, while stirring occasionally, until the zucchini has softened and the corn is bright yellow, about 8 minutes. Spoon in the marinated tomatoes with some of the marinade. Cook for a couple of minutes more. Transfer the cooked pasta to the pan and pour the sauce over: toss everything together. Taste and adjust any seasonings as necessary.

To serve, transfer pasta to bowls. Garnish with shiitake crisps and basil.





## Broccoli, Carrot, and Pistachio Pesto

**MAKES 2½ CUPS**

**SPECIAL EQUIPMENT: FOOD PROCESSOR**

**KITCHEN EQUIPMENT: PEELER, SHARP KNIFE, CUTTING BOARD, MEASURING CUPS/SPOONS**

Pesto leaves lots of room for imagination: A silky sauce of fresh basil and pine nuts is lovely but variety is the spice of life! In this unusual version, fresh, crisp carrots and broccoli create an incredibly light, textured, and flavorful addition to your favorite pasta dish. Many pesto recipes are heavy on the oil: In this recipe, I used more water than oil, but feel free to use oil in place of water for a richer result. Miso adds a lovely umami taste and complexity to this simple, raw sauce that is perfect for summer eating. If you don't have it, don't let that stop you from making this—you may want to add a little more salt or nutritional yeast. And don't reserve this just for pasta—stir it into grain or bean dishes for a boost of flavor and nutrition!

### Ingredients

- |  |  |
|--|--|
| 3 carrots, peeled and cut into 1-inch slices, about 1 ½ cups | 2 tablespoons white, yellow, or mellow miso paste                    |
| 2 cups raw, chopped broccoli                                 | 2 tablespoons nutritional yeast                                      |
| 1 cup fresh basil leaves, packed                             | 2 tablespoons fresh lemon juice                                      |
| 3 large garlic cloves, peeled                                | ⅓ cup roasted pistachios (or substitute your favorite nuts or seeds) |
| ½ cup water (or substitute oil)                              | 1 teaspoon salt, plus more to taste                                  |
| 2 tablespoons olive oil                                      |  |

### Directions

Place the carrots, broccoli, basil, and garlic in the food processor. Pulse until finely chopped. Add water, miso, nutritional yeast, olive oil, lemon juice, nuts, and salt. Pulse again until everything is very finely chopped and blended together. Serve immediately or store in an airtight container in the refrigerator for up to 5 days.

