



Homemade Cavatelli

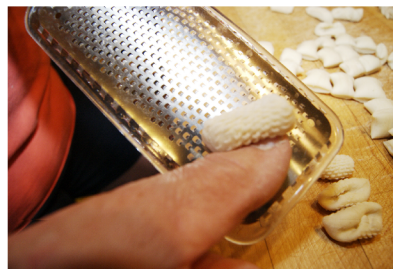
recipe and technique from Anna Bellomo

4 cups flour

2 tablespoons olive oil

1-2 cups water

1 tablespoon salt



Heat water, olive oil and salt in pan on stove until almost boiling. Put flour into bowl and add about 2/3 of the water and begin to mix with wooden spoon. Add water until mixture just holds together. Remove from bowl and knead with your hands until well mixed. Cover the dough with an inverted bowl and allow to rest for about 5 minutes. Cut the dough into small pieces, a few at a time, and roll like thin breadsticks. When you have a few strands, line up and cut into small pieces, about 1/4 inch in length. Toss in a bowl with a little flour and coat lightly. Form the cavatelli shape by pressing each small ball with your finger. Place finished pasta on cookie sheet lined with a floured cloth and allow to rest.

Cook cavatelli in briskly boiling salted water. The time will vary, depending on the size, so you will have to taste them to see if they are done. Cover with your favorite sauce, add cheese and enjoy!