

COOKING CUISINE

DD Mon 2022

Gluten-free Buckwheat pasta with Lemon Sauce

Serves 2

Equipment

- Small bowl
- Large bowl
- Wooden spoon
- Rolling pi and sharp knife or pasta cutter
- Large saucepan

Ingredients

- 300gr Buckwheat flour
- 130 gr arrowroot powder
- $\frac{3}{4}$ tsp salt
- 3 tbsp psyllium husk powder
- 12 tbsp water
- 3 tbsp olive oil
- 350 ml water



Directions

- Mix the psyllium powder and 180ml (12 tbsp) ml of water in a small bowl and let stand for 2 minutes
- Combine the flour, arrowroot powder and salt until well combined.
- Add the psyllium mix, oil, and 6 tbsp of the remaining water. Mix with a wooden spoon until a smooth dough forms.
- If the dough is dry, add more water.
- Continue mixing the dough by hand once it becomes too tough to mix with the spoon.
- Divide the dough into two equal size balls.
- Flour a work surface with some buckwheat flour and roll the first dough ball out as thin as you can.
- Using a knife or pizza cutter, cut even sized tagliatelle strips.
- Meanwhile bring a pot of water with an added tsp of salt to a boil.
- Roll out the second dough ball, add more flour to the surface if needed.
- Boil in two batches for approx. 2 min each.
- Serve immediately.

Lemon Sauce (Gluten-free)

Serves 2

Equipment

- Large Saucepan
- Wooden Spoon
- Sharp Knife & Chopping Board
- Zester
- Cheese grater (fine)

Ingredients

- 90 gr Butter (cubed)
- 30 gr (1/3 cup) freshly grated parmesan or Grana Padano, plus extra for serving
- 3 tbsp fresh Parsley, finely chopped
- 2 Gloves of garlic, finely chopped
- ½ tsp black pepper
- Salt



Directions

- Melt the butter in large saucepan over medium heat.
- Add the garlic, lemon zest and some of the black pepper
- Fry for a 1 minute (careful not to burn the garlic)
- Pour in the lemon juice
- Add in the cheese and continue to stir until the cheese has melted, then add the parsley.
- Transfer the pasta straight into the saucepan and toss to coat the pasta.
- Serve with extra parmesan and parsley.