For Health and Long Life

It is so easy to make our classic Keto Egg Pasta recipe, and when you try it, you will be glad that you took the time. It really is the best alternative pasta in the business. See for yourself. I knock up large batches all the time as I use it so often. It's great for lasagne, and who isn't a fan of that delicious and satisfying dish?

Servings - 6

Prep Time - 40 Mins | Rest Time 2 Hrs | Cook Time - 8 - 10 Mins | Total Time - 2 Hrs 50 Mins

Difficulty - Easy

Cuisine - Italian

RECIPE
KETO EGG PASTA

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Non-Stick Silicone Baking Mat](#)

[Electric Stand Mixer](#)

[Pasta Machine](#)

[Cling Film](#)

[Pasta Drying Rack Noodle Stand](#)

INGREDIENTS

330 g FHALL Low Carb Plain White Flour

3 Large free-range eggs

2 Tbsp Virgin Olive Oil

110 ml water at room temperature

1 Tbsp Vanilla Syrup, sugar free

1 Tsp Himalayan Salt (Ground)

METHOD

Sift the flour and gluten in a bowl and mix. Put the mixture onto a clean work surface. Make a large well in the centre and then crack the eggs into a jug with the salt, oil and syrup, whisk to combine, and pour the mixture into the well.

Gradually incorporate the flour into the beaten egg mixture using your hands. Make circular stirring motions and bring increasing amounts of flour into the centre of the mound. Add the water a little at a time. When the dough has come together and you feel that it has the right texture, transfer the dough into a mixer and using a dough attachment, mix on medium to high speed until the dough is smooth and silky, and spring back to the touch.

You can knead the dough by hand but I find it easier to use a stand mixer on a medium to high setting for 4 or 5 minutes as the dough does get much smoother.

If cracks appear in the dough add water, 1 tablespoon at a time and knead for a bit longer. If the dough is too wet and sticky, add a little flour and mix until the extra flour is incorporated fully.

Wrap the dough in cling film, then chill for 1 - 2 hours.

Once the dough has rested you can roll it, by hand or with a pasta machine. For both methods, first cut the dough into quarters, then roll with a heavy rolling pin or run the dough through the machine piece by piece. Wrap the rest tightly in cling film to keep it moist and pop it in the fridge until you are ready to use it.

Flatten and shape the dough into a rectangle about half the length of the feeder. If the dough still seems a little wet, flour it lightly. Set the pasta machine to its widest setting, start feeding the dough through. Carefully pass the dough through the rollers, then fold in half, end to end. Repeat 2-3 times, folding and passing the dough through the rollers each time.

If the dough continues to stick, sprinkle the machine with flour and work the surface with a little flour. Once the dough has gone through the widest setting 3 times, narrow the setting by a notch, then continue to wind the pasta through. As the dough gets longer and thinner, continue to roll the dough through, narrowing the rollers by a notch each time.

Place dough on a drying rack until slightly tacky, approx 10 minutes, and then use a pasta machine or cutting attachment to cut the strands. Drape over rack until strands no longer stick together, approx 20 minutes.

You can cut out lasagne sheets or use it to make other easy shapes.

SERVING SUGGESTIONS

Smother the pasta with lashings of butter and serve with your favorite Italian sauces and other recipes. It's so good I often cook a batch and eat it with just butter and a pinch of salt.

STORAGE

You can leave the pasta to dry and then store in a cool dark cupboard for approx 30 days.

NUTRITION FACTS

Per serving : 86 g | Calories 288 | Protein 33.5 g | Fat 8.3 g | Carbs 13.6 g | Fiber 8.2 g
Net Carbs : 7.5 g

LOW CARB - KETO - SUGAR FREE - DAIRY FREE - VEGETARIAN

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