

HOMEMADE EGG NOODLES

1 1/2 cup flour 1 Tbsp. oil
1/2 tsp. salt 1 Tbsp. water if needed
2 eggs

Combine flour and salt and sift. Beat eggs in a medium bowl. Add oil to the eggs. Add a small amount flour to the egg mixture and mix with a fork. Continue mixing and adding flour until it is too stiff to stir with the fork.

Knead the rest of the flour into the dough. If too dry add a small amount of water. If too sticky add more flour. Continue kneading 8-10 minutes until the dough is smooth and elastic. Let dough rest 15 minutes at room temperature to allow gluten to relax.

If available put dough through a pasta maker. If not, roll out with a rolling pin on the bread board to about 1/16" thickness. Cut into noodles 1/2 inch wide.

Cook immediately or store for use later. Cook about 5-8 minutes in boiling water or chicken broth.

PASTA SUPREME!

2 cups noodles (egg preferred)	Broccoli (cut-up into spears)
2 Tbsp. olive oil	1/4 cup chopped onion
1 clove garlic, minced	Carrots (sliced on diagonal)
1/2 tsp. crushed basil leaves	Mushrooms (sliced on diagonal)
1/4 tsp. seasoning salt	Any other vegetables desired
Italian Salad Dressing (Optional)	
Parmesan Cheese (Optional)	

Bring 5-6 cups of water to boil. Slowly stir in noodles. Cook for 8-10 minutes until noodles are tender. (Follow package instructions.)

While noodles are cooking, pour oil into heated non-stick pan or wok. Add onions and garlic. Saute (cook over medium heat) for 2 minutes. Stir-fry for 3-4 minutes. **Remember, cook the heavier vegetables first, then add the lighter, more delicate vegetables.** Add in seasonings.

Add stir-fried vegetables to cooked noodles. Add Italian dressing and Parmesan cheese if desired.