



Homemade Cavatelli Pasta

Jacob · 30/09/2024



Prep Time

1 hr 40 mins

Difficult

Easy

Servings

4

Description

Cavatelli noodles are a typical Southern Italian pasta made out of just durum wheat semolina flour water and salt. The starch contained in the durum gives this pasta its distinctive and firm texture, perfect to go with a simple tomato sauce or with a rich Bolognese. Make sure to use very fine semolina called durum or semola rimacinata or the dough will be too stiff.

Ingredients

- - 2 ¼ cups durum wheat semolina flour (such as Bob's Red Mill®) - 1 pinch salt - 1 cup water
- or as needed
- at room temperature

Instructions

1. Mix semolina flour and salt in a large bowl or on a marble work surface. Make a well in the center. Pour water into the well a little at a time
2. mixing it with flour. Add as much water as needed to make a sticky but compact dough. Knead dough with your hands by flattening the ball
3. stretching it
4. and folding top toward center. Turn 45 degrees and repeat until dough is elastic and smooth
5. but not too soft
6. about 10 minutes. Shape dough into a ball. Place in a bowl and cover with plastic wrap. Let rest at room temperature for about 30 minutes before using. If you are using cavatelli within a few hours or the following day
7. wrap in plastic wrap and chill in the refrigerator. Work with one portion of dough at a time
8. keeping remaining dough covered to keep it from drying out. Dust a work surface with semolina flour; roll out dough to make a rope
9. about 1/3 inch thick. Cut off little 1/3-inch-thick pieces. Press and gently drag a small piece of dough toward you with your index and middle finger. The two sides will curl inwards
10. leaving hollow spaces. Proceed the same way with rest of dough. Transfer cavatelli to a floured surface and sprinkle with more semolina flour. Do not overlap cavatelli or they will stick together. Let dry for about 30 minutes before cooking. Tips If not using cavatelli right away
11. let stand at room temperature for 24 hours and then transfer to a paper bag. Check from time to time to make sure no mold develops
12. and use within a week. Cooking time will depend on dryness. If cavatelli is freshly made
13. it will take about 5 minutes. If pasta is a few days old
14. cooking takes about 8 to 10 minutes. In any case
15. as always when cooking pasta
16. the best way to check is to taste. If you cannot find durum or semolina "rimacinata"
17. mix regular semolina with plain white flour in a 50-50 ratio.