

Pasta Carbonara Iron Chef Style

Fresh Pasta Dough

1lb plus 1oz Strong (Bread) Flour
4 Whole Eggs
2 Yolks
1 ½ Tablespoon Olive Oil

This is basic pasta dough. If mixing by hand, pour the flour onto the work surface. Make a well (Volcano). In a bowl mix the eggs, yolks and olive oil. Pour into the center of the well. Pull the flour in over the egg slowly and mix intermittently. After it is all mixed, knead to a tight ball. Wrap in plastic and rest for about an hour in the fridge. If you are using a food processor just throw everything into the bowl. Turn on and blitz. You will end up with a product that resembles bread crumbs. Take the mix out of the bowl and knead together. Rest the dough. If you want to flavor the pasta with dried mushroom powder for example replace the 1oz of flour with the powder. If you want to make a tomato pasta add one tablespoon of puree and add a little flour to tighten the dough. You can really make many types of dough. Even dessert.

Carbonara

Ingredients:

4 egg yolks
10 slices Prosciutto
Fresh parsley
3 cups Cream
6 Cloves garlic
1 Sprig thyme
6oz pancetta
6oz Parmesan cheese

Method:

Cut the pancetta into 1centimetre cubes put in a large pan and sauté it to render out the fat. In a separate pan add the cream, thyme and garlic and reduce by $\frac{3}{4}$. Once it has reduced, strain the cream and adjust the seasoning with a little salt. Take 2 slices of the prosciutto and cut in half. Place it on a flat sheet tray. Slice the rest of the prosciutto into strips. Place the egg yolks onto the four large pieces of prosciutto. Place in a hot oven (400dgs). As you do this put your pasta in boiling water to cook. This will take about 4-5 minutes. Meanwhile add the prosciutto strips to the pancetta. Add the pasta and $\frac{3}{4}$ of the

cream reduction. Season to taste. Pool a little of the remaining sauce onto 4 plates. Place the pasta in the middle of the plates. Next place the egg on top. Rip over some parsley leaves and grate some Parmesan cheese. Tuck in and enjoy.