



Millets
Farm Shop



Pappardelle Pasta and Garden Vegetables with nutmeg and cream

Serves 4

Sauce:

50g Butter
200ml Double cream
150g Peas, shelled
2 Courgettes, sliced
1 Broccoli head, cut into small florets
100g Fine beans, topped
150g Broad beans, podded
Olive oil

60g Parmesan cheese, grated
Chives/spring onion tops, chopped - to garnish
Pinch of freshly grated nutmeg

Pasta: You will need a pasta machine

250g Semolina flour
250g Pasta/bread flour (Or 500g of Wessex Mill Pasta/Pizza flour)
400g Egg yolks

**** Note: Any seasonal green vegetables could be used**

Pasta:

The best method of working the pasta dough is by hand but this requires strength, determination, stamina and a sense of humour! Alternatively, combine the pasta ingredients in a mixer. Run at low speed until the dough forms a ball and begins to come away from the sides. If it is too wet, add a sprinkle of flour; if too dry, a few drops of water.

Turn out onto a floured surface and knead the dough by pushing it with the heel of your hand, stretching it away from you and then pulling it back. Turn through a quarter circle and then repeat. It needs 100 kneads! (It should then be smooth and elastic).

Wrap it in cling film and leave in the fridge for 1-2 hours. Roll the pasta out on a floured surface, then roll it through the pasta machine on the widest setting. Fold over and repeat until you have a rectangular shape. Run through gradually reducing the setting each time until it has reached the smallest. Cut into long thin strips about 2cm wide.

Sauce:

Blanch the broad beans, broccoli, fine beans and courgettes in lightly salted boiling water for 2 minutes. Refresh in a bowl of cold water. Remove the tough outer skin of the broad beans.

Melt the butter in a large saucepan. Add the peas and cook, over a low heat, for 2-3 minutes. Pour $\frac{3}{4}$ of the cream into the pan, bring to the boil and simmer for 1-1 $\frac{1}{2}$ minutes, until slightly thickened. Remove the pan from the heat. Meanwhile, bring a large pan of lightly salted water to the boil. Add the pasta and olive oil and cook for 2 $\frac{1}{2}$ minutes, until just tender. Remove the pan from the heat and drain the pasta thoroughly and return to the warm pan. Add the courgettes, broad beans and asparagus to the peas and cream sauce and then add to the pasta. Return the pan to the heat and add the remaining $\frac{1}{4}$ of the cream and the Parmesan cheese and season to taste with salt, black pepper and the grated nutmeg.

Gently toss the pasta in the sauce until coated, while heating through. Transfer the pasta to a serving dish and garnish with the chives, spring onion tops and Parmesan shavings. Eat and enjoy your efforts!