

Nutrition



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Farfalle (bowtie) Pasta with Caramelized Onion Sauce

200g all-purpose flour 200g semolina flour 4 eggs	In a large bowl, mix together the two flours and create a well in the center. Add the eggs and, using a fork, begin mixing the egg into flour. Once the egg begins to be incorporated, mix the dough with your hands. If dough is falling apart, add more water. If it is sticky, add more flour. Once dough is fully mixed, knead the dough for 5-10 minutes by flattening it with your hand and then folding it in on itself. After kneading, wrap the dough in plastic and let rest for at least 30 minutes.
4-6 onions 1 bunch arugula or spinach 1 cup crumbled blue cheese or feta	While the dough is resting, prepare your sauce ingredients. Thinly slice the onions, mince the arugula or spinach. Crumble blue cheese or feta if necessary.
Rested pasta dough	After the pasta dough has rested, unwrap and flatten with hands. Using a floured surface and rolling pin, roll the dough out into a large circle. This will take a significant amount of time and will likely require additional flour. The dough should be very thin, about the thickness of 3-4 post-it notes. Using a pasta cutter, cut the dough into 1" strips. Going the opposite direction, cut the pasta with the scalloped cutter to make 1" squares. Taking each square, pinch the center together to make a bowtie with the scalloped edge on the outside. Place each bowtie into a bowl and dust with flour to prevent sticking together.
Sliced onions from step 2	Heat olive oil in a large skillet or saute pan. Add onions and saute over medium heat for about 15 minutes. Add salt, lower heat, and continue to cook for at least another 10 minutes. Start a large pan of water to boil. Heavily salt this water.
1 cup dry white wine Chopped greens from step 2 1 cup crumbled cheese	Add white wine, turn heat back up to medium and simmer uncovered for about 15 minutes. Add the chopped greens and cook for about 5 minutes. Add the cheese and turn heat to low while cooking the pasta. Add the fresh pasta to the water and cook for 3-5 minutes or until the pasta is tender. Drain the pasta and place in a bowl. Drizzle with olive oil to keep it separated.
	Place the sauce in a separate pan or bowl. Cover both of these with foil and bring to the table

Recipe Source: Adapted from the Moosewood Cookbook





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