

Pasta all'Ortica – Green Nettle Pasta

Ingredients	Preparation
<p>200g (approx. 1 ½ cups) All-purpose Flour 1 Egg 1 cup blanched Nettle Leaves Pinch of salt</p> <p>To Serve: <u>Mushroom Pasta Sugo</u> Grated Parmesan, if desired</p> <p>Suggested Wine Pairings: - <u>Aldo Clerico Barbera d'Alba Red Wine Single Vineyard</u> - <u>Ivaldi Piccona Barbera d'Asti Single Vineyard Red Wine</u> - <u>Ivaldi 1613 Nizza Barbera Red Wine</u> - <u>Lorenzo Corino Case Corini Barla Barbera Natural Wine Organic Vegan</u> - <u>Tomisa Barbera Organic</u></p>	<ol style="list-style-type: none"> 1. Clean and wash the fresh nettle leaves. Bring some water to a rolling boil, and blanch the nettle leaves for 2-3 minutes, draining them well. Chop them finely (or use a food processor) until they are a fine paste. 2. Create a well within the flour, and in the center add the egg(s) and nettle leaf paste. Starting in the center and working your way out, begin to mix the eggs, nettle paste, and flour until it becomes a uniform dough, kneading until a solid color and soft. If your dough is too crumbly, add water a few drops at a time until workable, or if it is too wet add more flour to your kneading surface, working the extra flour into the dough as you knead. When ready, cover and let rest for more or less an hour. 3. Uncover your pasta and with a pasta machine set on the largest level, roll out several times the pasta, then move it to a medium width, and roll out several times more (or alternatively you can use a rolling pin). When your pasta is the desired thickness, let these sheets dry for about 10 minutes. Then, with flour in between the layers, lay one on top of the other, and roll them up together. Starting at one end, slice in pieces about ½ inch wide, or roughly the width of your finger. Gently shake the noodles to separate into a messy pile to allow them to dry, or you can use them right away. 4. Cook the pasta by boiling in salted water while you heat up your mushroom sauce (or any other sugo you want to use). When cooked, this time will vary based on your chosen

	<p>thickness or whether your pasta was fresh or dried, drain your pasta and place it in the skillet with your sauce, stirring until your pasta is well coated.</p> <p>5. Serve your pasta and sugo, grating a little fresh parmesan on top if so desired, and dig in pairing your fresh nettle foraged pasta with a glass of barbera.</p>
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This recipe is courtesy of Beatrice Calia in Italy.

This green pasta really goes great with any vegetable-based sauce, but forager Beatrice Calia recommends an umami earthy mushroom sauce to complement the nettle flavors. But as with so many of our pasta recipes, experiment and keep trying until you find our favorite combo of fresh or foraged vegetables with this pasta! Pro Tip: Keep the water you use to blanche the nettle leaves to drink later as a tea; it is very good for stomach and liver health.