



Kitchen Science




Be a Pasta Food Scientist with visual supports



See [this activity](#) on our YouTube channel.

Though making your own pasta can seem complicated, in its simplest version, homemade pasta is just an experiment in mixing together flour and water. **With adult supervision**, family members of all ages can experiment with making pasta at home!

Basic "Control" Pasta

- 3 parts flour
- 1 part water

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| 1. |  | Mix together the flour and water until it forms a smooth ball of dough. |
| 2. |  | Let dough rest for at least 30 minutes. |
| 3. |  | Cut or tear the dough into shapes. |

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| 4. |  | Boil pasta until it floats and drain out the water. |
| 5. |  | Taste your pasta. Note: Because this dough uses raw flour, be sure to wait until it is fully cooked before tasting! |

Once you taste the basic or “control” batch of pasta, ask yourself:
“Are there any changes to the recipe to that I’d like to try?”

You might:

- Add an ingredient like a dash of salt or tomato paste
- Try a different type of flour
- Replace the water with about the same amount of eggs
- Let the dough rest for a shorter or longer amount of time
- Change the shape of the pasta
- Create a sauce

Think like a food scientist, asking questions, making predictions, and conducting experiments, and before you know it, you’ll have your own signature family pasta recipe!

Find more at-home activities at <http://discoveryacton.org/discovery-home>.