






Kitchen Science



Be a Pasta Food Scientist with visual supports

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

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.

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!