

CREAMY ROAST PUMPKIN FETTUCINE



WHAT YOU NEED:

INGREDIENTS

- 800g pumpkin, deseeded, peeled, cut into 1cm batons
- 1 large red onion, halved and finely chopped
- 2 tbs olive oil
- Salt & freshly ground black pepper
- 800g dried fettuccine
- 1 x 600ml carton thickened cream
- 2/3 cup firmly packed chopped fresh continental parsley
- 1/2 cup chopped fresh chives
- 1 cup rocket

UTENSILS

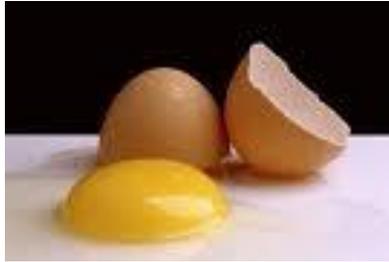
- Chopping board
- Cook's knife
- Measuring cups
- Measuring spoon
- Large saucepan or stockpot
- Wooden spoon

WHAT YOU DO:

METHOD

1. Collect ingredients and utensils.
2. Preheat oven to 230°C. Line a baking tray with baking paper. Place pumpkin and onion on tray. Drizzle with oil and gently toss to coat. Season with salt and pepper. Cook on top shelf of oven for 20 minutes or until tender and golden brown.
3. Meanwhile, cook fettuccine until al dente.
4. Place cream, half the parsley, onion and chives in a frying pan over medium heat. Bring to boil and cook for 4-5 minutes or until sauce thickens slightly. Carefully stir in roasted pumpkin so that it does not break up.
5. Drain fettuccine, add to cream mixture and toss to combine.
6. Divide fettuccine among serving plates. Sprinkle with remaining parsley.

FETTUCINE PASTA



In Italy, flour is either type 1, 0, or 00. However this doesn't refer to its ingredients, instead it refers to *how finely* the flour has been ground down. Because it is so fine, the whole mixing/folding/rolling process is much easier and your dough will be more supple, malleable, and generally nicer to use.

WHAT YOU NEED:

INGREDIENTS (SERVES 20)

1000 grams OO Flour
10 eggs

UTENSILS

Chopping board
Cook's knife
Scales
Food Processor

WHAT YOU DO:

METHOD

1. Collect ingredients and utensils.
2. Place flour and eggs into food processor bowl and process until dough is combined.
3. Continue to beat with dough hooks until dough is smooth.
4. Divide into eight and wrap each piece of dough separately in glad wrap.
5. Allow to rest 10-15 minutes.
6. Roll through steps 1-7 in pasta machine.
7. Select fettuccine blade. Place pasta in flour and Semolina
8. Cook in boiling water for 2-3 minutes or until pasta floats to the top of the saucepan.
9. Drain and serve with Creamy Pumpkin sauce and grated Parmesan cheese.