

# Homemade Cavatelli

*Simple fresh Italian pasta made with flour, water, and a little patience.*

## Cooking Time & Servings

|                  |            |
|------------------|------------|
| Preparation Time | 45 minutes |
| Cooking Time     | 5 minutes  |
| Total Time       | 50 minutes |
| Servings         | 4          |

## Ingredients

### For the Dough

- 2 cups all-purpose flour (about 250 g)
- 1/2 cup lukewarm water (about 125 ml)
- 1/2 teaspoon fine salt (optional)

### For Drying and Serving

- Semolina flour, as needed for dusting

## Method

### Step 1: Make the Dough

- Pour the flour onto a clean work surface or pastry board.
- Slowly add the lukewarm water, working it into the flour using your hands or a fork.
- Knead the dough until smooth and free of lumps. Add more flour if necessary to avoid it sticking.
- Wrap the dough in plastic wrap and let it rest at room temperature for 30 minutes.

### Step 2: Form the Cavatelli

- Take a piece of dough and roll it out into a long, thin strip, about 1/4 inch wide.
- Use your thumb to apply gentle pressure to each piece of dough, creating a small hollow shape.
- Continue rolling the dough into small pieces, about 1/2 inch long. Make sure all the pieces are uniform in size for even cooking.

### Step 3: Dry the Cavatelli

- Place the freshly formed cavatelli on a clean surface or pasta rack and dust them with semolina flour to prevent sticking.
- Let the cavatelli rest and dry for about 20 minutes before cooking.

#### Step 4: Cooking the Cavatelli

- Bring a large pot of salted water to a boil.
- Add the fresh cavatelli and cook for about 5 minutes, or until they float to the surface.
- Remove the cavatelli with a slotted spoon and serve with your favorite sauce.

Tip: For the best texture, dust the shaped pasta generously with semolina and cook it while still fresh.