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Sicilian Pasta with Roasted Romanesco, Parsley and Lemon

Ingredients

1 Broccoli Romanesco (substitute Cauliflower if unavailable)
4 large garlic cloves
1 medium brown onion
1 large lemon
1 small fennel bulb (optional)
Handful kale leaves (optional)
Bunch flat leaf parsley
80g pine nuts
1/3 cup currants
Pinch of chilli flakes
60g Parmesan
500g pasta
Olive oil
Salt and pepper



What to do:

1. Preheat the oven to 180c
2. Wash the Romanesco. Cut in half. Discard stem and chop into small florets
3. Peel and chop the garlic. Sprinkle with salt and smash into a paste using a fork
4. In a bowl, add 2 Tbs olive oil, ½ the garlic and a pinch of chilli flakes. Mix. Add the Romanesco to the bowl and mix together. Line a baking tray with baking paper. Place the Romanesco on the tray and bake in the oven for 15 minutes
5. Peel and dice the onion
6. Wash the fennel well between layers. Remove the fronds and save for later. Chop the bulb in half and thinly slice
7. Wash the kale and parsley. Remove the kale from the stems and thinly shred
8. Pick off the parsley leaves and chop
9. Chop up 2 Tbs of fennel fronds
10. Zest and juice the lemon
11. Grate the parmesan cheese finely
12. In a clean bowl, combine the kale, parsley, fennel fronds, parmesan, lemon zest and juice
13. In a frying pan add 2 Tbs olive oil. Add the onion and fennel and cook over medium-high heat for 5 minutes until soft. Add the remaining garlic and cook for 2 minutes
14. Add the currants and pine nuts to the pan and cook until the pine nuts turn golden. Remove from the heat
15. In a large pot of boiling water, add a sprinkle of salt and cook pasta according to packet directions. Drain. Rinse with boiling water. Drizzle with 1 Tbs olive oil and mix
16. Return the onion and fennel to the stove over medium heat.
17. Add the cooked pasta to the ingredients in the bowl. Add the warm onion and fennel. Season with well with salt and pepper and gently combine
18. Serve pasta in a bowl garnished with the roasted Romanesco. Serve with extra parmesan cheese if desired
19. Enjoy

Pasta Dough

Ingredients

- 500g flour
- 5 eggs
- 1 Tbs olive oil
- 1 tsp salt



What to do:

1. Measure the flour into a large bowl. Add the salt and mix to combine. Drizzle in the olive oil
2. Make a well in the centre of the flour by pushing the flour out to the edges
3. Crack the eggs and add to the middle of the flour. Use a fork to whisk the eggs together
4. Once the eggs are combined, begin gradually whisking some of the surrounding flour into the egg mixture. Keep adding more flour until all ingredients are roughly combined
5. Next use your hands to fold all of the dough together into one ball
6. Sprinkle some flour onto the bench top and knead the dough for about 10 minutes until the dough is smooth and elastic
7. Form the dough into 3 balls and wrap in plastic wrap. Rest the dough at room temperature for 30 minutes
8. When the dough has rested, remove one ball from the plastic wrap. Save the other dough balls for later
9. Sprinkle the bench with flour. Place the dough on the bench and flatten with your hands, to form a thick rectangular shaped disc
10. Feed the dough through the pasta maker on the widest setting. (On my pasta maker, this is setting number 1.) Once the sheet comes out, fold it into thirds, similar to how you would fold a piece of paper to fit in an envelope. Feed it through the rollers 2 or 3 more times, still on the widest setting
11. Continue to feed the dough through the rollers, one pass at a time, reducing the thickness setting each time
12. When you have rolled your pasta to the middle thickness setting (4 or 5), cut the dough sheet into three rectangles
13. Continue rolling each sheet until you reach the desired thickness. (I like to roll the pasta to the second thinnest setting which is setting 8 on my pasta maker.) Whenever the dough starts to get a bit sticky, sprinkle it with a bit more flour and using your hands spread the flour out all over the sheet. Repeat for both sides
14. Once your dough sheet is at the right thickness, sprinkle it with flour once more. Connect the cutter attachment to your pasta maker. Feed the sheet through the wider of the two options. This will make a fettuccini style pasta. Dust the cut pasta with a bit more flour and lay it out flat on a clean tea towel or baking paper. Repeat with the remaining pasta dough
15. To cook the pasta, fill a large saucepan with water and add some of salt. Heat the water on high heat
16. When the water is boiling, add the pasta and immediately stir it gently so that the noodles do not stick together
17. Continue to cook until the pasta is al dente about 3-4 minutes. Then strain the fresh pasta and use immediately. You may like to cook the pasta in a few batches

