



### **Fresh Pasta: Ratio vs. Reality**

**Every recipe for fresh pasta dough gives you the same ratio: 1 egg to 100 grams of flour. It is a helpful starting point, but in our kitchen, it is the first rule we question.**

When my students begin their workshop, they find 200 grams of flour and two eggs at their station. My first piece of advice is: Observe the ingredients, not the measurements. Unlike the rigid precision of pastry, pasta making is an intuitive process. The exact amount of flour required is never the same twice. It is influenced by variables a scale cannot detect: the humidity in the air, the temperature of the room, the warmth of your hands, and the natural variation in the size of the eggs to name just a few. If you incorporate all the flour at once, you risk creating a dough that is dry and difficult to work. In 99% of the cases, 200 grams are more than the eggs actually require.

# Trust your hands, not the scale

### **Method**

We do not mix blindly. We create a well using only two-thirds of the flour, incorporating the eggs and adding only what is necessary to reach the correct consistency. More often than not, you will leave about 50 grams of flour untouched on the board. This is how you develop a feel for the dough, learning to recognize the exact moment it achieves the right balance of resistance and elasticity.

### **Result**

A dough with the correct proportions and proper kneading becomes both resilient and elastic. This balance allows you to roll a sheet so thin it is translucent, yet strong enough to be worked by hand. Because the dough remains supple and moist, it stays pliable: a necessity when shaping delicate tortellini or sealing intricate folds before the pasta begins to dry.