



EGG NOODLES

A RECIPE BY JANINE SMITH

ingredients

- 2 Cups All-Purpose Flour, plus extra for rolling & dusting or cornstarch
- ½ tsp Sea Salt
- 2 Eggs
- 1 ½ Cups Water
- Optional: add 1/4 C herbs, exchange 1 Cup of flour for (insert your favorite type of flour here, i.e. wheat flour, quinoa flour, oat flour)

directions

Mix all ingredients and knead the mixture until a smooth dough texture is achieved. Cover dough with plastic wrap or place in a plastic bag. Let the dough rest for 30 to 45 minutes.

Press the dough down with a large rolling pin. Then beat the dough with the rolling for about 2 to 3 minutes. Dust the dough with some flour if it's sticky. Place the dough in a plastic bag and let rest for 30 minutes. Continue the process one more time.

Once the dough is ready, divide the dough into two or four pieces to make handling easier. Generously dust a large surface with flour. Roll the dough as flat and thin as you can. Generously dust the sheet of dough and roll into a log. Then slice the noodles as thin as you can. Repeat the process with the remaining dough.

Tip: noodles can be enjoyed immediately, let dry slightly, or store in the fridge or freezer until you're ready to cook.

