

— Norwich, Vermont —

# PASTA FLOUR BLEND

*Make perfect, tender,  
delicate pasta every  
time with this strong,  
flexible flour.*



Fresh pasta from scratch isn't difficult, but with only a few ingredients, the flour makes all the difference. Our pasta blend combines the strength of durum flour, the golden color of semolina, and the flexibility of all-purpose – making it the ideal base for any pasta recipe, from linguine to lasagna. We've included instructions and a recipe for handmade pasta.

THINK OUTSIDE THE PASTA BOX

Ⓢ NET WT 48 OZ (3 LBS) 1.36kg

# PERFECT PASTA

3 cups Pasta Flour Blend  
4 large eggs  
2 to 4 tablespoons water  
1/2 cup flour (use this to flour your work surface and dough)

## Nutrition Facts

Serving Size 4 Tablespoons (30g)  
Servings Per Container about 45

### Amount Per Serving

**Calories** 100      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 22g      **7%**

Dietary Fiber less than 1g      **4%**

Sugars less than 1g

**Protein** 4g

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 6%

Thiamin 8%      • Riboflavin 6%

Niacin 6%      • Folic Acid 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

Place Pasta Flour Blend in a food processor, bread machine or bowl. Mix in eggs all at once. Knead, adding only enough water to form a smooth dough. Form dough into a rectangle, about 1" thick, wrap well and rest for 30 minutes.

After 30 minutes, flour both sides of the dough and run through a pasta machine on the thickest setting. Repeat the process, flouring as necessary and gradually reducing the setting until desired thickness is reached. To do this by hand simply use a rolling pin and roll to desired thickness, keeping both sides of the dough well floured. Cut into shapes and toss with flour to prevent sticking. Hang in individual strands or arrange in small nests and allow to dry.

**To cook:** boil 4 quarts of water with 1 tablespoon salt. Add pasta and cook for 2 to 4 minutes, until pasta is still slightly firm. Fresh pasta cooks very quickly, so keep an eye on it. Drain and toss with a bit of oil or sauce.

**INGREDIENTS:** KING ARTHUR UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DURUM WHEAT FLOUR, SEMOLINA FLOUR (DURUM WHEAT). **CONTAINS:** WHEAT.

KING ARTHUR FLOUR | NORWICH, VERMONT 05055  
800.827.6836 | kingarthurfLOUR.com

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

Store cool and dry. 100180B01B  
Do not eat raw flour, dough or batter.

