



# TROZZAPRETI

## Priest Chocker Pasta



### Ingredients

Flour tipo 00, 400 gms

Salt, fine, pinch

Tepid water. 200 gms

This is one of the most ancient forms of pasta, and one of the easiest. Originating in Emilia Romana it requires no machine or special cutting out skills.

The same dough can be used to make orrecieti (little ears), which are in the shape of ears and formed with the thumb.

Not to be confused with orrecioni (big ears) which means Mumps

The Cappuccini (hooded) friars, after whom the coffee is named have their headquarters in Camerino.



### Method

Place the flour, with pinch of salt added, on a work surface and make a hole in the middle. Slowly add the water and gently mix with a fork until all the flour is incorporated.

Knead until the dough is smooth and elastic.

Cover with clingfilm and leave to rest for 30 mins

Take out the dough and roll out to a depth of 2 mm. Cut into strips 1½ wide. Take each strip and gently roll between palms to form the characteristic rope form. Cut into 6 cm lengths. Cut into 8 cm, 3 in, lengths

Your strozzapreti now ready for action.

If your dough is actually capable of strangling a priest, something has gone terribly, terribly wrong

Cook as normal pasta for 6-7 mins

