

Fresh Milled Spelt Extruder Pasta

We cover how to make extruder pasta using Spelt, our grain superhero, as the flour. It's not as thirsty as durum and other hard wheat so we need to adjust.

Ingredients

PHILIPS AVANCE / 7000

- 500 g Spelt berries
- 173 g liquid (all water, or 1 egg plus enough water to reach 173 g)

PHILIPS COMPACT (VIVA)

- 400 g Spelt berries
- 138 g liquid (all water or 1 egg plus enough liquid to total 138 g)

Directions

1. Mill the flour as fine as you can. Usually this means to set the stones to tapping, add the grain, and tighten them down until fine flour is felt and the flow out the spout is steady.
2. Measure the wet ingredients in a wet measuring cup on a gram scale, and whisk well so it's a smooth liquid.
3. Add flour to the mixing chamber of your machine and put the lid back on. Turn on your machine, select the larger batch size and press the play button. The auger will rotate inside the mixing chamber.
4. Slowly pour the liquid into the well on top of the mixing chamber, which has slots inside the well.
5. Let your machine mix the dough (3 minutes for the Avance / 7000 and 2 minutes for the compact / Viva). For best results turn off the machine, let the dough rest 15-30 minutes, and then turn it back on and start the cycle over again.

CHECK DOUGH CONSISTENCY BEFORE EXTRUDING THE DOUGH:

7. Pause the machine and pickup some dough. It should be sandy, and hold together when you squeeze it in your hand. If it doesn't, add 1 tsp of water and mix again. If it does hold together, press on it with a finger and it should fall back apart. If it doesn't, add 1 tsp of flour at a time and re-mix until it does.
8. After the mixing is done, the auger will change direction and dough will be extruded (or pressed) through the die shape. Cut the pasta with a sharp knife or bench cutter to the desired length.
9. Once the full cycle is done, you can select the 'Extrude only' setting and press play to continue extruding extra dough remaining in the mixing chamber. Repeat this step until all dough is shaped pasta.
10. Pasta is best fresh but can be air dried or frozen. Cook times for dried pasta are long like store bought pasta.

COOKING FRESH PASTA:

12. Simmer salted water or broth. Add noodles and cook for 30 seconds - 1 1/2 minutes until al dente. Remove from the pot, and save the water for thickening your pasta sauce.

Notes

Equipment you will need to make this pasta:

- [Philips Avance Pasta Extruder](#)
- [Philips Viva Compact Pasta Extruder](#)

A Mill for turning wheat berries into flour:

Stone Grain Mills

- [KoMo Mills](#)
- [KoMo Mio](#)
- [Mockmill 100](#)
- [Mockmill 200](#)
- [Mockmill 200 Lino](#)
- [Mockmill Lino 100](#)
- [Mockmill Professional 200](#) (my fave for large families or small business)
- [Nutrimill Harvest](#) (my fave for home)

Impact Grain Mills

- [Nutrimill Classic](#)
- [Nutrimill Impact Grain Mill](#)
- [Wondermill Grain Mill](#)

Kitchen Aid Mill Attachment

- [Mockmill for KitchenAid](#)

Grain Mills & Flakers (for rolled oats)

- [Komo Duet](#)
- [Komo FidiFloc](#)

Videos of how to use the Extruder:

