



## Pilot Light Family Meal Lesson Making Noodles Together!

**Suggested Age Range:** 6-12 years old

### Recipe:

#### Pasta Dough (serves 5)

- 2 cups all-purpose flour or semolina flour +  $\frac{1}{2}$  cup extra for drying and rolling
- 1 cups water
- $\frac{1}{4}$  tsp of salt

#### Directions:

1. First, measure the flour and salt and place in a mixing bowl and make a well in the center of the flour. Then measure water and pour nearly the full cup into the well (reserving water assures you can adjust based on the humidity)
2. Using a fork, start to pull in small amounts of flour into the water well. Work around clockwise slowly until nearly all the flour is combined (kids can take turns!). Add extra water now, if needed.
3. Working with your hands now, gather any remaining flour and form into a ball.
4. Once the ball shape is formed, knead the dough until it is pliable and soft (not sticky) by folding it onto itself with your palms. This won't take long, but be careful to not overwork the dough (you'll see it ripping apart). Cover the dough with plastic or a towel and let the dough rest on the counter for 30 minutes.
5. Break off pieces of dough and roll them into long tubes about  $\frac{1}{2}$  inch in diameter.
6. Once all the tubes are made, cut the tube into  $\frac{1}{2}$  inch pieces with a butter knife and press in the middle of each piece and roll towards you. Use your fingers to turn the side you pressed inside out.
  - a. Alternatively, roll into balls and smash them down with their thumb then pull the dough inside out to form thin bowls - similar to orecchiette or "little ears."
7. After shaping, place noodles on a sheet tray or plate, sprinkle tray or plate and noodles with flour, and dry for at least an hour (or more if needed).
8. To enjoy today, cook the noodles in boiling, salted water for ~5 minutes (until they float) and serve with your favorite sauce.
  - a. Want to enjoy it later? Place dried noodles in a larger plastic bag to freeze for future meals and label with date and names of kids who helped! (Note: if noodles are fully dry, they will cook ~7 minutes!)



**Materials:**

- Counter space
- Mixing bowl
- 1 cup measuring cup and ¼ tsp measuring spoon
- Butter knife and fork
- Sheet pan or large plate
- Towel or plastic wrap

**Topping suggestions: *feel free to get creative and make this your own!***

- Tomato sauce and parmesan
- Butter, parmesan, and dried herbs (thyme, oregano, basil, rosemary, and parsley)
- Olive oil, garlic, red pepper flakes, and broccoli (fresh or frozen)

**Activity/Discussion Questions:**

**Families/children could discuss or write about:**

- What is your favorite type of pasta? Why? Can you think of a time that you shared this pasta dish with family or friends?
- What is your favorite type of food to eat with your family or friends?
- Use your imagination and write a silly story involving pasta or another food.

**Extension Activities:**

**Here are some suggestions for additional activities that relate to this recipe:**

- Make “pasta” out of construction paper and paper plates.
- Using a base of any tomato sauce, olive oil, or butter, add various spices you have on hand and experiment with how the taste changes with the addition of them.
- Research different types of pasta and different ingredients used in pasta and noodle dishes.

*This lesson was written by Pilot Light staff  
and was inspired by Pilot Light’s lesson [Noodles Around the World](#).*