

PHILIPS

Pasta and
noodle maker

Viva collection



Pasta and noodle maker recipes
自动面条机的创意食谱



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Homemade pasta and noodles made easy

Enjoy a world of fresh pasta and noodles, made automatically by your Philips Viva Pasta and Noodle Maker.

We've made it easier to make homemade pasta and noodles. Now, with the fully automatic Philips Viva Pasta and Noodle Maker, you can make fresh pasta and noodles more often. Ready to get started? We've put together wonderful recipes – starting with the basics.

You'll learn how to make basic doughs from various kinds of flour. We'll show you how to add extra flavour by using vegetable juices. And you'll learn to make different pasta shapes. Then it's time to start cooking! Our recipes feature step-by-step instructions for delicious pasta and noodles from around the world. We've tested and tasted all the recipes in this book, to help ensure your meals are a success.

If you want to use the recipes from other books, always adapt our recommended flour-liquid ratio, using the cups included with your Philips Viva Pasta and Noodle Maker, otherwise the pasta & noodle machine will not be able to operate at it's best.

For more recipes and tips & tricks on how to use the Philips Pasta & Noodle Maker, please visit:
Australia: www.philips.com.au/pastamaker
New Zealand: www.philips.co.nz/pastamaker

轻松享受新鲜自制意面及面条

使用飞利浦面条机全自动制作功能, 轻松享受各种新鲜意面和面条。

我们让自制意面及面条变得更加轻松、简单。现在, 有了飞利浦全自动面条机, 您可以经常制作新鲜意面和面条了。全新面条机会为您完成所有烦琐工序, 让您轻松无忧。准备好开始了吗? 我们整理了一些美味食谱 - 先从简单的食谱做起吧。

您将会了解如何用不同的面粉制作基本的面条。我们会向您展示如何使用蔬菜汁来增添风味。您也会了解到如何制作不同形状的意面及面条。接下来, 我们要开始烹饪了! 我们的食谱汇集了全球美味意面和面条的分步制作说明。我们已测试及品尝过按照书中所有食谱制作的意面及面条, 希望确保您能炮制出可口美味。

如果您想用其它书本上的食谱, 请使用飞利浦面条机随附的量杯进行测量, 调整至我们推荐的面粉-液体比例, 否则面条机将无法如常运作。

想了解更多有关如何使用飞利浦面条机的信息, 请访问以下网站:
澳大利亚: www.philips.com.au/pastamaker
新西兰: www.philips.co.nz/pastamaker



How to make fresh pasta and noodles in minutes

Pasta and noodle dough

Pasta and noodles are simply a mixture of flour and water (or egg mixture). For extra colour and flavour, use spices, herbs, vegetable extracts and other ingredients. In the recipe section of this book, you can choose the dough you would like to make. For flour and liquid measurements, please use the cup provided, and follow the suggested ratios. Please see page 10 for details.

Follow these simple instructions

A Plug in. Open the lid and pour in the flour. Close the lid.

B Select “Auto”

C Press “▷||”

D Slowly pour the liquid into the opening in the lid.

E In about 3 minutes, pasta will begin to emerge from the disc.
As the pasta comes out, cut it to your preferred size.

After making a batch of pasta, you may see a bit of leftover dough inside the mixing chamber. If so, just turn the control knob to “+” and then press “▷||”. Then the pasta and noodle maker will extrude the leftover dough.

We use the following abbreviations:

kg = kilogram	g = gram	l = liter	in = inch
ml = milliliter	tbsp = tablespoon	tsp = teaspoon	
c = cup	lb = pound	oz = ounce	

One cup = 200 g of flour

This makes about 200 g fresh pasta/noodles.

Two cups = 400 g of flour

This makes about 450 g fresh pasta/noodles.

We would recommend using kitchen scale to measure weight more accurately.

Cooking times

Times depend on the shape of the pasta. Thin pasta cooks in 4-5 minutes, thick pasta takes 6-8 minutes.

Storage

Fresh pasta can be refrigerated for a few days. To keep pasta from sticking together, sprinkle with a little flour. For the best results, partially cook pasta before storing – then finish cooking it when you need it. Fresh pasta is also suitable for freezing. To dry fresh pasta, hang it on a wire or pasta rack.

如何使用飞利浦面条机制作意面

意面及面条面团

意大利面团

意面及面条是由面粉和水（或蛋液）混合而成。如想添加额外的颜色和口味，请使用香料、香草、蔬菜榨汁和其它原料。您可以在该书的食谱中，挑选您想要制作的面团。请使用该面条机自带的量杯称量面粉及液体，请参照第10页提供的比例。

请按照以下简单说明操作

A 插上插头。打开盖子，倒入面粉。合上盖子。

B 选择 “Auto”

C 按压 “▷||”

D 慢慢将液体倒入盖上的开口中

E 大约 3 分钟后就会出现面条。将面条切成您想要的大小。

做好一组面条后，如果发现搅拌槽中有一些剩余的面团，您可以先将控制旋钮调至 “+” 然后按 “▷||”。然后，剩余的面团就会被挤出。

我们采用以下缩写：

kg = 千克	g = 克	L = 升	in = 英寸
ml = 毫升	tbsp = 汤匙	tsp = 茶匙	
c = 量杯	lb = 磅	oz = 盎司	

量杯 = 200 克面粉

可以制作出大约200 克新鲜意面/面条。

两量杯 = 400 克面粉

可以制作出大约400 克新鲜意面/面条。

我们建议使用厨房秤，称量结果会更加准确。

烹饪时间

烹饪时间取决于面条的形状。细面条需要 4 至 5 分钟，粗面条则需要 6 至 8 分钟。

存储

新鲜面条可冷藏存储数天。为防止面条黏在一起，请在面条上撒些面粉。为达到最佳效果，请在存储前先将其煮熟至半熟 - 然后在需要时烹饪至全熟。新鲜面条也可冷冻存储。要晾干新鲜面条，请将其晾晒在网架上或面条架上。晒在网架上或意面架上。



Plug in. Open the lid and pour in the flour.
Close the lid.
插上插头。打开盖子，倒入面粉。合上盖子。



Select "Auto"
选择 "Auto"



Press "▶||"
按压 "▶||"



Slowly pour the liquid into the opening in
the lid.
慢慢将液体倒入盖子上的开口中



In about 3 minutes, pasta will begin to emerge
from the disc. As the pasta comes out, cut it to
your preferred size.
大约 3 分钟后就会出现面条。将面条切成您想要的
大小。慢慢将液体倒入盖子上的开口中

Shaping discs and pasta shapes

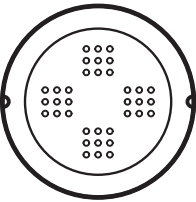
Create pasta and noodle shapes for your favorite recipes

To create your favorite pasta and noodle shapes, simply attach one of the shaping discs to the pasta and noodle maker. We've included shaping discs for penne, spaghetti and fettuccine – which you can use to shape any of the dough recipes in this book.

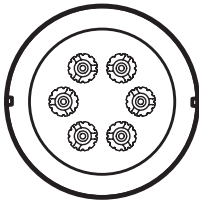
塑型模块和面条形状

制作您喜爱的意面及面条形状

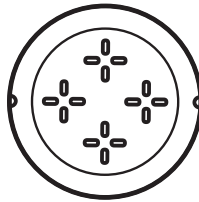
想要制作最爱的面条形状，只需把一个塑型模块安装在面条机上。我们随附有意式通心粉、细面条和宽面条塑型模块 - 您可以使用这些塑型模块制作该书食谱中的所有面团。



Spaghetti / Thin noodle
意大利面/细面



Penne
管面



Fettuccine / Ban mian
意大利细面/板面



Our basic pasta and noodle doughs

For your quick reference, we've listed the basic dough types used in this recipe book.

Pasta and noodles can be made with various types of flours. However, for the best results, we recommend a mix of durum semolina and all-purpose flour (type 405).

Durum semolina is a strong flour – and is ideal because it contains more protein, which improves the pasta consistency. Strong flour can be used with or without egg. Fine soft flour (type 00) contain less protein, so we recommend adding eggs. To make soba noodles, you can use spelt, whole wheat or buckwheat flour.

Please note: the flour cup included with your pasta maker is not a standard 8 oz measuring cup, and should not be used as such. The flour cup holds about 200g (about 1 standard cup) of flour.

IMPORTANT: Liquid measurement
It's important to accurately measure the flour and liquid – because the type of flour and eggs you use affects the volume, and the ratio of solids versus liquids. We would recommend using a kitchen scale to measure weight more accurately.

基础的意面及面条面团

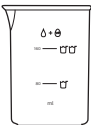
为方便快速参考，我们列出了该食谱书中用到的基础面团类型。

意面及面条可由多种类型的面团制作而成。但是，为了达到最佳效果，我们建议您将粗粒硬质小麦粉和通用面粉（类型 405）混合使用。

粗粒硬质小麦粉是一种高筋面粉 - 堪称意面的完美选择，因其含有更多蛋白质，能够使意面及面条更加筋道。高筋面粉可以和鸡蛋搭配使用，也可以单独使用。精细的低筋面粉（00 型）含有较少的蛋白质，因此建议加入鸡蛋。若想制作荞麦面，请使用斯佩耳特小麦粉、全麦粉或荞麦粉。

准确称量面粉和液体的重量十分重要 - 因为您使用的面粉和鸡蛋种类会影响用量和固体与液体的比例。我们建议使用厨房秤，称量结果会更加准确。

请注意：该面条机随附的面粉量杯不是标准的 8 盎司量杯，因此不能把它按照 8 盎司标准量杯使用。面粉量杯能盛约 200 克（约 1 标准量杯）面粉。

	The supplied water cup come with 2 sides:	随附的水杯有两面：
	Side A – For plain egg pasta/noodles Side A with two liquid levels is only designed for plain egg pasta/noodles (all-purpose flour mixed with egg mixture).	A 面 –适用于制作普通鸡蛋意面及面条 A 面有两种液体水位，只适用于制作普通鸡蛋意面及面条（通用面粉加蛋液混合而成）。
	Side B – For all other kinds of pasta/noodles Side B with specific volumes is for all other kinds of pasta/noodles • All-purpose flour mixed with pure water/veggie juice mixture. • Various other flours with egg mixture/ pure water/ veggie juice mixture, etc.	B 面 – 适用于制作其它意面及面条 B 面有具体种类的液体水位，适用于制作其它意面及面条 • 通用面粉与纯净水或蔬菜汁混合而成。 • 其它种类面粉与蛋液，或纯净，或蔬菜汁等混合而成。
	Remarks: please refer to the user manual for details.	备注：详情请参阅您的用户手册。

Wheat pasta

Flour 200 g all purpose flour

Liquid 80 g: 1 egg + water

Pasta quantity 200 g

小麦意大利面食

面粉 200 克中筋面粉

液体 80 克: 1 个鸡蛋 + 水

面条量 200 克

Wheat noodle

Flour 200 g all purpose flour

Liquid 70 g water

Noodle quantity 200 g

面条

面粉 200 克中筋面粉

液体 70 克水

面条量 200 克

Durum pasta

Flour 150 g semolina /

50 g all purpose flour

Liquid 75 g: 1 egg + water

Pasta quantity 200 g

硬粒小麦意大利面食

面粉 150 克粗粒面粉/

50 克中筋面粉

液体 75 克: 1 个鸡蛋 + 水

面条量 200 克

Durum noodle

Flour 150 g semolina /

50 g all purpose flour

Liquid 65 g water

Noodle quantity 200 g

硬粒小麦面条

面粉 150 克粗粒面粉/

50 克中筋面粉

液体 65 克水

面条量 200 克

Ramen

Flour 200 g bread flour / 2 g salt

Liquid 65 g water

Noodle quantity 200 g

拉面

面粉 200 克高筋粉/2 克盐

液体 65 克水

面条量 200 克

Whole wheat pasta

Flour 200 g whole wheat flour

Liquid 90 g: 1 egg + water

Pasta quantity 200 g

全麦意大利面食

面粉 200 克面粉

液体 90 克液体: 1 个鸡蛋+水

面条量 200 克

Whole wheat noodle

Flour 200 g whole wheat flour

Liquid 80 g

Noodle quantity 200 g

全麦面条

面粉 200 克面粉

液体 80 克水

面条量 200 克

Quinoa and kale pasta (gluten free)

Flour 1 cup (200g) of quinoa flour

Liquid 80 g: (1 egg +) fresh kale juice

Xanthan gum: 2g. Xanthan gum is gluten free & is a protein which acts as a binding agent to give pasta / noodles extra bounce.

Pasta quantity 200 g

藜麦面 (无麸质)

面粉: 1杯 (200克) 藜麦面

液体: 80克 (1个鸡蛋+) 新鲜羽衣甘蓝汁

黄原胶: 2克。黄原胶是不含麸质的多糖, 可以使得面条更具弹性。

面条量 200 克

Spelt pasta / noodle

Flour 200 g spelt flour

Liquid 90 g: 1 egg + water

Quantity of pasta / noodle 200 g

斯佩耳特意大利面/面条

面粉 200 克面粉

液体 90 克液体: 1 个鸡蛋+水

面条量 200 克



Carrot pasta / noodles

Flour 150 g semolina

50 g all purpose flour

Liquid 75 g: (1 egg +) carrot juice

Noodle quantity 200 g

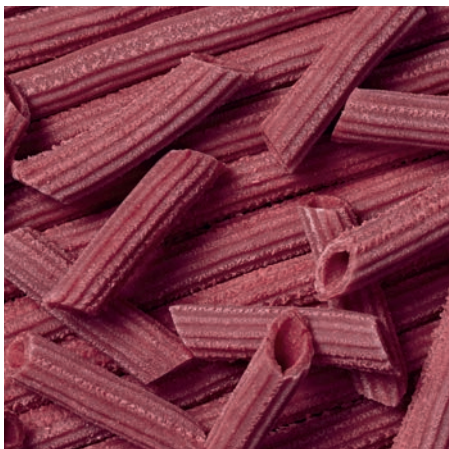
胡萝卜意大利面食/面条

面粉 150 克粗粒面粉

50 克中筋面粉

液体 75 克: (1 个鸡蛋 +) 胡萝卜汁

新鲜面条量 200 克



Beetroot pasta / noodles

Flour 200 g all purpose flour

Liquid 80 g: (1 egg +) beetroot juice

Noodle quantity 200 g

甜菜意大利面食/面条

面粉 200 克中筋面粉

液体 80 克: (1 个鸡蛋 +) 甜菜汁

新鲜面条量 200 克



Pasta nero

Flour 150 g semolina

50 g all purpose flour

Liquid 75 g: 1 egg + 1 tsp squid ink
+ water

Noodle quantity 200 g

墨鱼汁意大利面

面粉 150 克粗粒面粉

50 克中筋面粉

液体 75 克: 1 个鸡蛋 + 1 茶匙墨鱼汁 + 水

面条量 200 克



Tomato pasta / noodles

Flour 200 g all purpose flour
Liquid 85 g (1 egg +) water
1 tbsp tomato puree
Noodle quantity 200 g

番茄意大利面食/面条

面粉 200 克中筋面粉
液体 85 克 (1 个鸡蛋 +) 水
1 汤匙番茄泥
面条量 200 克



Soba

Flour 130 g buckwheat flour
70 g all purpose flour
Liquid 80 g: 1 egg + water
Noodle quantity 200 g

荞麦面

面粉 130 克荞麦粉
70 克中筋面粉
液体 80 克: 1 个鸡蛋 + 水
新鲜面条量 200 克

Spinach pasta / noodle Spinach lasagne / dumpling / wonton

Flour 200 g all purpose flour
Liquid 75 g: (1 egg +) spinach juice
Noodle quantity 200 g

菠菜意大利面食/面条 菠菜千层面/饺子/馄饨

面粉 200 克中筋面粉
液体 75 克: (1 个鸡蛋 +) 菠菜汁
新鲜面条量 200 克



Fennel & pepper pasta / noodle

Flour 200 g wheat flour
½ tbsp ground fennel
½ tbsp ground black pepper
Liquid 80 g: 1 egg + water
Noodle quantity 200 g

茴香和胡椒意大利面食/面条

面粉 200 克面粉
½ 汤匙茴香粉
½ 汤匙黑胡椒粉
液体 80 克: 1 个鸡蛋 + 水
新鲜面条量 200 克

Herb pasta / noodle

Flour 200 g bread flour
1 tbsp finely chopped tarragon
Liquid 80 g: (1 egg +) water
Noodle quantity 200 g

香草意大利面食/面条

面粉 200 克高筋粉
1 汤匙细细切碎的龙蒿叶
液体 80 克 (1 个鸡蛋 +) 水
新鲜面条量 200 克



Curried noodles

Flour 200 g all purpose /
semolina flour
4 g curry powder
Liquid 70 g water
Noodle quantity 200 g

咖喱面条

面粉 200 克家用/粗粒面粉
4 克咖喱粉
液体 70 克水
新鲜面条量 200 克





Spaghetti with tomato sauce

Fresh pasta
~ 200 g (0.45 lb) durum spaghetti

Tomato sauce
olive oil
1 small onion, chopped
2 stalks celery, chopped
1 carrot (100 g / 3½ oz), chopped
2 sprigs rosemary leaves, chopped
2 cloves garlic, finely chopped
30 g (1 tbsp + 2 tsp) tomato puree
2 tbsp balsamic vinegar
optional: 100 ml (3½ oz) red wine
250 ml (1 c) sieved tomato sauce
½ tsp chicken or vegetable stock powder
ground black pepper, to taste

Topping
Parmesan cheese, grated
optional: fresh basil, chopped

- Preparation**
- 1 Bring a large pan of salted water to the boil.
 - 2 In a skillet add some oil. Add the onion, celery, and carrot, and fry on a medium heat for 5 minutes or until the onion is transparent. Add the tomato puree, stock powder and rosemary.
 - 3 Deglaze with balsamic vinegar and wine or cooking water.
 - 4 Add the sieved tomato sauce and simmer for 10 minutes until thickened.
 - 5 Cook the pasta for 5–6 minutes. Drain and portion on plates. Add a generous serving of the sauce and sprinkle with basil and cheese.

Also try the Bolognese sauce from the lasagna recipe.

番茄酱意大利细面

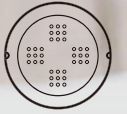
生面
~ 200 克硬粒小麦意大利细面

番茄酱
橄榄油
1 个小洋葱，切碎
2 个芹菜茎，切碎
1 根胡萝卜（100 克），切碎
2 枝迷迭香，叶子，切碎
2 个蒜瓣，细细切碎
30 克番茄泥
2 汤匙香醋
可选：100 毫升红葡萄酒
250 毫升过筛番茄酱
½ 茶匙鸡汤料粉或蔬菜汤料粉
黑胡椒粉，调味

配料
帕尔马干酪，搓碎
可选：新鲜罗勒，切碎

- 方法**
- 1 将一大锅盐水煮沸
 - 2 在煎锅中加少许油。加入洋葱、芹菜和胡萝卜，中火煎 5 分钟或直至洋葱变为透明。加入番茄泥、高汤粉和迷迭香。
 - 3 以意大利香醋和红葡萄酒或汤水进行收汁。
 - 4 加入过筛的番茄酱，文火炖 10 分钟，直至变稠。
 - 5 将意大利面煮 5 至 6 分钟。沥干水分并定量装盘。添加足量 酱汁，撒上罗勒和奶酪。

您还可以尝试千层面食谱中的波隆那肉酱。



Spaghetti alla carbonara

Fresh pasta

~ 200 g (0.45 lb) durum spaghetti

Carbonara Sauce

70 g (2½ oz) pancetta or bacon | small cubes

3 egg yolks

140 ml (5 oz) cream

1 red pepper, finely chopped fresh thyme

Parmesan cheese, grated

Topping

fresh curly parsley, chopped Parmesan cheese,
grated ground black pepper, to taste

Preparation

- 1 Bring a large pot of salted water to the boil.
- 2 Meanwhile, mix the egg yolks, cream and grated cheese and set aside.
- 3 Fry the pancetta and red pepper in a large skillet for 5 minutes. Lower the heat and add thyme.
- 4 Cook the pasta, drain but keep part of the cooking water.
- 5 Quickly add the warm pasta to the skillet, add the egg yolk mixture and 3 tablespoons of cooking water, and toss well. The sauce should be creamy.
- 6 Add topping and serve immediately.

培根蛋酱意大利面

生面

~ 200 克硬粒小麦意大利细面

培根奶酪酱

70 克意式培根或培根 | 小块状

3 个蛋黄

140 毫升奶油

1 个红辣椒，细细切碎 新鲜的百里香

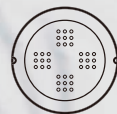
帕尔马干酪，搓碎

配料

新鲜的卷叶欧芹，切碎 帕尔马干酪，
搓碎 黑胡椒粉，调味

方法

- 1 将一大锅盐水煮沸。
- 2 同时，将蛋黄、奶油和搓碎的奶酪调拌均匀，放置在一旁。
- 3 在一个大煎锅中，将意式培根和红辣椒煎5分钟。将火关小并加入百里香。
- 4 煮意大利面，沥去水分但保留部分汤汁。
- 5 将还热着的意大利面快速倒入煎锅，加入蛋黄混合物和3汤匙汤汁，搅拌均匀。酱料应呈乳脂状。
- 6 添加配料，即可食用。



Spelt spaghetti with cacio cheese and pepper

Ingredients

~ 200 g (0.45 lb) spaghetti

Dressing

100 g pecorino romano cheese (grated)

Pepper, to your liking

Preparation

- 1 Bring salted water to a boil.
- 2 Cook the spaghetti "al dente" (cooked to be firm to the bite).
- 3 Meanwhile, put the pecorino cheese in a bowl and add a few tablespoons of the cooking water.
- 4 Mix well until the sauce becomes creamy.
- 5 Drain the spaghetti and add to the bowl with the pecorino cheese.
- 6 Stir and add the pepper to your liking.

Suggestion: portion the pasta on individual plates and add more grated pecorino cheese.

黑胡椒起司意大利面

生面

~ 200 克 意面细面条

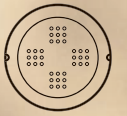
调料

100 克罗马羊奶酪（搓碎） 胡椒粉 按照个人喜好添加

方法

- 1 将盐水煮沸。
- 2 将意面煮至“耐嚼”的程度（咬起来很筋道）。
- 3 同时，将佩科里诺干酪放入碗中，并加入几汤匙的烹饪食用水。
- 4 充分搅拌，直至酱料呈乳脂状。
- 5 沥干意面，并放入佩科里诺干酪。
- 6 搅拌，并根据个人喜好适当添加胡椒粉。

建议：将意面分放在单独的盘子中，再添加更多搓碎的佩科里诺干酪。



Dan dan noodles

Fresh pasta

~ 200 g (0.45 lb) thin egg noodles

Meat mixture

100 g (3½ oz) pork or beef, ground
1 tbsp peanut oil
2 cloves garlic, minced
1 tsp ginger, minced
30 g (1 oz) white cabbage, thinly sliced
2 scallions (or use leek), chopped
1 red pepper, chopped
1 tbsp Chinese rice wine
½ tsp salt, or salt to taste
optional: roasted peanuts, crushed

Sauce

50 ml (3 tbsp + 1 tsp) chicken stock
2 tbsp soy sauce
½ tbsp sesame paste or tahini
2 tsp sesame oil
chili oil to taste
1 tsp sugar
1 tbsp black rice vinegar
½ tsp Sichuan pepper, ground

Preparation

- 1 Bring a large pot of salted water to the boil.
- 2 For the sauce: whisk together the ingredients. Set aside.
- 3 Heat a wok or skillet over medium-high heat. Heat oil. Add garlic, ginger, white parts of the scallions and cabbage. Cook until fragrant, about 1 minute. Add the meat and stir-fry until crispy and brown. Add rice wine to deglaze the pan. Season.
- 4 Meanwhile, boil the noodles, drain, rinse shortly under cold water to stop the cooking process, but stay warm. Drain and transfer to a serving dish.
- 5 Pour the sauce over the noodles and serve with the meat, topped with the chopped scallion greens and optional peanuts.

You can use balsamic vinegar instead of black vinegar, dry sherry instead of Chinese rice wine, and white pepper instead of Sichuan pepper.

担担面

生面

~ 200 克细鸡蛋面条

肉混合物

100 克碎猪肉或牛肉
1 汤匙花生油
2 瓣大蒜，切碎
1 茶匙生姜，切碎
30 克白卷心菜，切成薄片
2 棵青葱（或使用韭菜），切碎
1 个红辣椒，切碎
1 汤匙中国黄酒 茶匙盐或用盐调味
可选：烤花生，捣碎

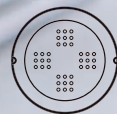
酱

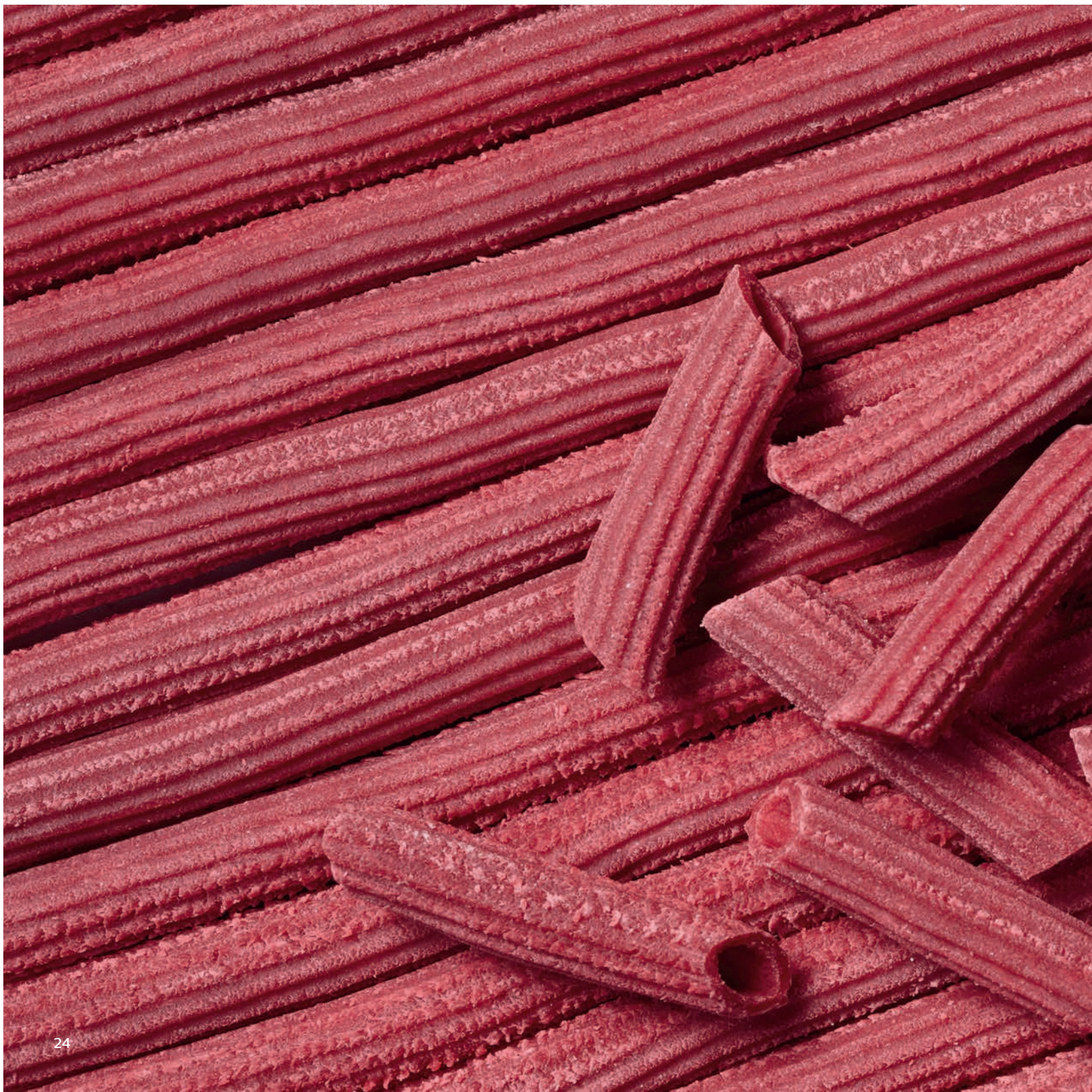
50 毫升鸡汤料
2 汤匙酱油
½ 汤匙芝麻酱或芝麻糊
2 茶匙芝麻油
辣椒油调味
1 茶匙糖
1 汤匙黑米醋
½ 茶匙四川辣椒粉

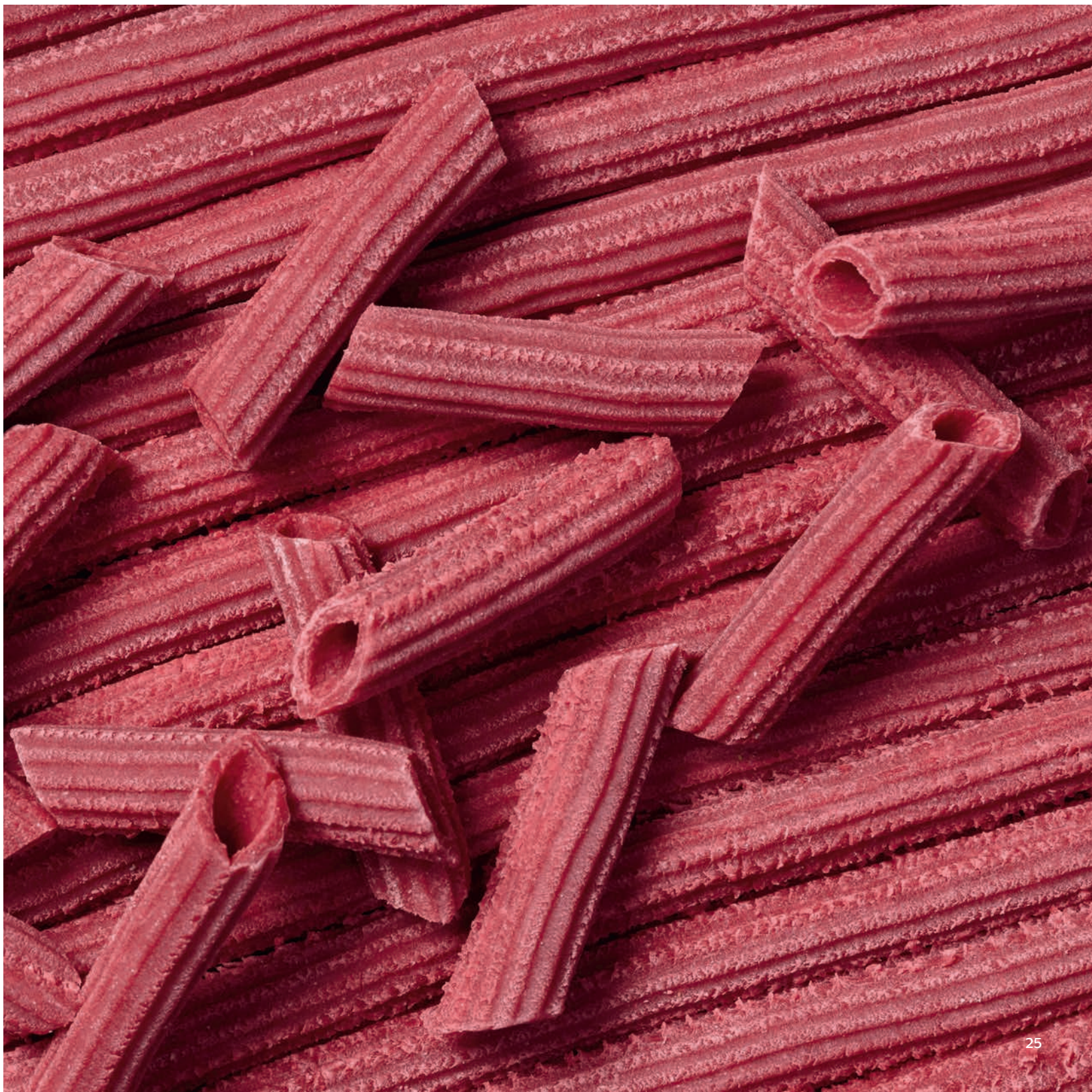
方法

- 1 将一大锅盐水煮沸。
- 2 对于酱汁：将原料放在一起搅拌均匀，然后放在一旁备用。
- 3 将炒锅或煎锅在中高火上加热。热油。加入大蒜、生姜、葱白和卷心菜。烹制 1 分钟左右，直至炒出香气。加入肉，将肉炒至香脆且呈棕色。加入黄酒收汁。然后调味。
- 4 同时，用沸水煮面条。沥干水分，在冷水下短暂地涮一下以停止烹饪过程，但请让面条保持温热。再次沥干水分，然后转移到上菜用的盘子中。
- 5 把酱倒在面条上，与肉一起食用，上面撒上切碎的葱绿和花生（可选）。

建议： 您可以用香醋代替黑醋、用干雪莉酒代替中国黄酒、用白胡椒代替四川辣椒。







Tricolore penne picnic salad

Fresh pasta

~ 400 g (0.9 lb) multicolored penne

For the salad

170 g (6 oz) green beans, blanched

140 g (5 oz) asparagus, blanched

1 red bell pepper, chopped

170 g (6 oz) cherry tomatoes, halved

fresh basil / fresh parsley, chopped

Dressing

juice of ½ lemon

1 tbsp white wine vinegar

4 tbsp olive oil

1 tsp honey

ground black pepper, to taste

Topping

walnuts or other nuts, roasted

75 g (3 oz) goat cheese, crumbled

Preparation

- 1 Bring a large pan of salted water to the boil and cook the penne in 10–12 minutes. Drain and wash cold. Drain well.
- 2 Prepare the dressing in a large salad bowl. Add all the salad ingredients and the pasta and toss together.
- 3 Top with nuts and cheese.
- 4 Eat right away.

三色意大利通心粉野餐沙拉

生面

~ 400 克多色意大利通心粉

用于沙拉

170 克青豆，焯烫

140 克芦笋，焯烫

1 根红甜椒，切碎

170 克樱桃番茄，切半

新鲜罗勒/新鲜欧芹，切碎

调料

½ 个柠檬的汁

1 汤匙白酒醋

4 汤匙橄榄油

1 茶匙蜂蜜

黑胡椒粉，调味

配料

核桃或其他坚果，烤制

75 克山羊奶酪，切碎

方法

- 1 将一大锅盐水煮沸，然后将通心粉煮 10 至 12 分钟。沥干水分并冲水冷却。充分沥干水分。
- 2 在大沙拉碗中备制调料。加入所有沙拉配料和意大利面，并在一起搅拌均匀。
- 3 上面撒上坚果和奶酪。
- 4 立即食用或作为野餐餐点。



Summer ditalini

Ingredients

~ 200 g (0.45 lb) penne

Dressing

1 mozzarella

2 tomatoes

35 g seasoned savoury ricotta cheese

Basil, to your liking

Extra virgin olive oil

Pepper, to your liking

Preparation

- 1 Use the penne shaping disc and cut the dough into pieces of approximately 1 cm in length.
- 2 Chop the mozzarella into cubes together with the tomatoes and the basil.
- 3 Season with oil, salt and pepper.
- 4 Bring salted water to a boil and cook the ditalini.
- 5 When cooked, drain quickly.
- 6 In a bowl, toss the ditalini with mozzarella, tomatoes and basil.
- 7 Grate the savoury ricotta cheese and add to the ditalini.
- 8 Stir well and serve.

Suggestion: season the dish with a drizzle of extra virgin olive oil and a pinch of pepper.

夏日通心粉

生面

~ 200 克 意大利通心粉

调料

1 块马苏里拉奶酪

2 个西红柿

35 克经调味可口的意大利乳清干酪

罗勒

特级初榨橄榄油

胡椒粉，根据自己喜好添加

准备

- 1 使用意大利通心粉塑形圆盘，将面团切成长约 1 厘米的小块。
- 2 将马苏里拉奶酪和西红柿、罗勒切碎成小方块。
- 3 用橄榄油、盐和胡椒粉调味。
- 4 将盐水煮沸，烹饪通心粉。
- 5 煮好后，快速沥干。
- 6 把通心粉放入碗中，并在通心粉上撒上马苏里拉奶酪、西红柿和罗勒。
- 7 捣碎可口的意大利乳清干酪，并放入通心粉中。
- 8 搅拌均匀，即可食用。

建议：可加入几滴特级初榨橄榄油和少许胡椒粉调味。



Spinach penne with calamaretti and scampi

Fresh pasta

~ 200 g (0.45 lb) spinach penne

Calamaretti and scampi

2 – 3 tbsp olive oil

3 scampi, in their shells, deheaded

6 calamari, cleaned and gutted

Juice of one lemon

1 pinch sea salt, freshly ground pepper

1 sprig of basil

Preparation

- 1 Fry the olive oil with garlic in a pan.
- 2 Add the scampi and fry for about a minute.
- 3 Now add the calamaretti and fry for another two minutes.
- 4 Add the lemon juice to the scampi and calamaretti and simmer for about two minutes.
- 5 Add sea salt to the sauce to taste and mix in basil.

海鲜菠菜通心粉

生面

~ 200 克菠菜通心粉

鱿鱼和虾

2 – 3 汤匙橄榄油

3 个虾，带壳，去头

6 个鱿鱼，清洗干净，取出内脏

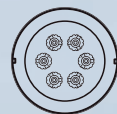
一个柠檬的汁

1 小撮海盐，鲜胡椒粉

1 片罗勒

准备

- 1 在平底锅中放入橄榄油和蒜，干煸。
- 2 放入虾，煎炸约一分钟。
- 3 然后放入鱿鱼，煎炸两分钟。
- 4 在虾和鱿鱼上加入柠檬汁，文火烹煮约两分钟。
- 5 在酱料中加入海盐调味，放入罗勒搅拌。







Fettuccine with salsiccia, garlic and chilli oil

Fresh pasta

~ 200 g (0.45 lb) Fettuccine

Sauce

2 – 3 salsiccia sausages, sliced

½ clove of garlic, crushed

140 g courgettes, chopped

Juice of one lemon, lemon zest

Garnish

Chopped oregano, to your liking.

Preparation

- 1 Fry the chopped salsiccia in a pan on medium heat. Don't add any additional oil as you can use the fat of the sausage to cook it.
- 2 Add the garlic and sweat this in the pan.
- 3 Now add the courgettes and heat them up.
- 4 Add lemon juice to the sauce and season to taste with salt and pepper. Mix in lemon zest to taste.

香肠辣油意大利面

生面

~ 200 克意大利宽面条

酱

2 – 3 个香肠，切片

½ 个蒜瓣，碾碎

140 克西葫芦，切碎

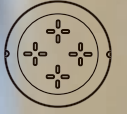
一个柠檬的汁，柠檬皮

饰菜

切碎的牛至。

准备

- 1 将香肠片放入平底锅中，中火煎炸。无需额外用油，可使用香肠中的油脂进行煎炸。
- 2 将蒜瓣放入平底锅中，干煸。
- 3 现在放入西葫芦，一块加热。
- 4 在酱料中加入柠檬汁、盐和胡椒粉进行调味。放入柠檬皮搅拌，进行调味。



Fettuccine with stuffed oven-baked tomato with soft goat's cheese

Fresh pasta
~ 200 g (0.45 lb) fettuccine

Sauce
3 medium vine tomatoes
20 g icing sugar
1 shallot
½ clove of garlic
3 tbsp olive oil
2 thumb-sized pieces of fresh ginger, sliced
2 tbsp brown sugar
35 ml white wine
70 ml veal broth
140 g strained tomatoes
2 sprigs of thyme, plucked
1 sprig of basil, chopped
20 ml cream
70 g soft goat's cheese

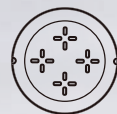
- Preparation**
- 1 Cut the top off the tomatoes, hollow out the flesh with a spoon and put aside.
 - 2 Stuff the tomatoes with some icing sugar and olive oil and cook in the oven at 120°C (248°F) for 10 minutes.
 - 3 Dice the onion and slice the garlic.
 - 4 Heat the olive oil in the pan, sweat the shallots, garlic and ginger in this and caramelize everything with brown sugar.
 - 5 Pour white wine over the ingredients, add the veal broth, tomato flesh and strained tomatoes and simmer the sauce. Stir occasionally.
 - 6 Add the thyme, basil and cream and season the sauce to taste with salt, pepper and chilli.
 - 7 Stuff the tomatoes with the tomato sauce, add the goat's cheese and cook in the oven at 160°C (320°F) for five minutes.

软山羊干酪配烤酿番茄意大利面

生面
~ 200 克意大利宽面条

酱
3 个中等大小的番茄
20 克冰糖
1 根葱
½ 个蒜瓣
3 汤匙橄榄油
2 片拇指大小的生姜，切片
2 汤匙红糖
35 毫升白葡萄酒
70 毫升牛肉肉汤
140 克番茄酱
2 枝百里香，去枝
1 片罗勒，切碎
20 毫升奶油
70 克软山羊奶酪

- 准备**
- 1 切掉番茄的顶部，用勺子挖空西红柿果肉，然后放置一旁。
 - 2 往番茄里放入一些冰糖和橄榄油，然后微波炉 120°C (248°F) 加热 10 分钟。
 - 3 将葱和蒜切碎。将洋葱切成小块，蒜切片。
 - 4 将橄榄油放入平底锅中加热，干煸葱、蒜和姜，加入红糖，直至葱、蒜和姜变成焦糖色。
 - 5 在原料上倒入白葡萄酒，放入牛肉肉汤、番茄果肉和番茄酱，然后文火烹煮酱汁。不时搅拌一下。
 - 6 放入百里香、罗勒和奶油，并在酱汁中放入盐、胡椒粉和辣椒来调味。
 - 7 在番茄中填满番茄酱和山羊奶酪，然后在微波炉中 160°C (320°F) 加热五分钟。



Fettuccine al pesto

Fresh pasta

~ 200 g (0.45 lb) fettuccine

Pesto

1 clove garlic

10 g (1 tbsp) pine nuts, roasted

2 hand full fresh basil

50 ml (3 tbsp + 1 tsp) extra virgin olive oil

20 g (2 tbsp + 1½ tsp) Parmesan cheese, grated

ground black pepper, to taste

sea salt to taste

Garnish

tomatoes, chopped

fresh basil leaves, chopped

1 red bell pepper, chopped

Parmesan cheese

Preparation

- 1 Bring a large pan of salted water to the boil.
- 2 Prepare the pesto. Using a processor or mortar and pestle, blend the pine nuts with the garlic, add the basil and, slowly, the oil. Finally add the cheese and pepper to taste.
- 3 Cook the pasta until tender in about 8 minutes.
- 4 Serve the pasta with a generous helping of the pesto, top with the garnish and serve immediately.

Suggestion: Add fried chicken breast, zucchini or fennel to make this dish into a complete meal.

青酱意大利宽面

生面

~ 200 克意大利宽面

香蒜酱

1 枚蒜瓣

10 克烤松仁

2 把新鲜罗勒

50 毫升特级初榨橄榄油

20 克帕尔马干酪，搓碎

黑胡椒粉，调味

海盐，调味

饰菜

番茄，切碎

新鲜罗勒叶，切碎

1 根红甜椒，切碎

帕尔马干酪

准备

- 1 将一大锅盐水煮沸。
- 2 准备香蒜酱。使用加工机或研钵和杵，混合松仁和大蒜，加入罗勒，并慢慢地加入油。最后添加奶酪和辣椒调味。
- 3 烹煮意大利面 8 分钟左右，直至其变软。
- 4 将意大利面搭配足量的香蒜酱一起食用，在上面添加饰菜后，即可食用。

建议：加入炸鸡胸、西葫芦或茴香，让这款菜式更加丰富完美。。





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