



Greenmarket Recipe Series

BUCKWHEAT NOODLES Pizzoccheri della Valtellina

by Gisella Isidori for the Greenmarket Regional Grains Project

Ingredients

Yields: 1 ½ lbs of fresh pasta, 8 servings

For the pasta:

- * 2 cups of buckwheat flour
- * 2 cups all-purpose or bread flour
- 2 cups tepid water, approximately
- 1 pinch of salt

For the casserole:

- * 3 yukon or russet potatoes, peeled and cut into small pieces
- * 1 pound of savoy cabbage, rough chopped
- * 8 tablespoons of butter, in pieces
- * 1 large onion, finely chopped
- * 5 sage leaves
- Red pepper flakes, to taste
- * 10 ounces parmigiano (or a local firm cheese), grated
- * 10 ounces fontina cheese (or local melting cheese like a sharp cheddar), cut in small chunks
- Salt and pepper, to taste

** Ingredients available seasonally at your neighborhood Greenmarket*

Instructions

Preparation time: 45 minutes

For the pasta:

Combine the flours and salt in a food processor or mixer with a dough hook. Process briefly to blend. With the machine running at a slow speed, slowly add enough of the water so that the mixture forms a very stiff dough.

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For over 30 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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The dough should be slightly damp, but not wet. Turn it out of the mixing bowl onto a lightly floured surface. Knead the dough until the surface is silky smooth (about 7-10 minutes).

Divide dough in thirds and cover with a lightly dampened cloth. Let dough rest for at least 1/2 hour.

Run a section of the dough through the widest setting of a pasta machine three or four times, until it comes out in a smooth sheet. Each time fold the dough in thirds before reinserting it in the machine. Then run the sheet of dough through successively finer settings, again folding it in thirds each time. Do not run the dough through the very finest setting. Place the finished sheet of dough, stretched out, on a clean cloth or paper towel. Repeat this step with the remaining portions of dough.

Allow the sheets of dough to dry slightly. While they are still flexible, run them through the fettuccine cutter of the pasta machine or cut them into 1/2-inch-wide noodles across the width of the sheet of dough by hand. Dust finished noodles lightly with buckwheat flour to prevent them from sticking together and set them, loosely rolled, on a tray lined with paper towels or a clean cloth. Cook them while they are still soft or allow them to dry completely and store them for future use. You can speed up the drying by using a blow dryer on the cool setting.

For the casserole:

In a large pot boil the potatoes and cabbage. When the vegetables are 5 minutes from being ready add the pizzoccheri. Taste the pizzoccheri after 5 minutes. Cook only until al dente (to the tooth). When ready, pour the pizzoccheri and vegetables into a colander and drain thoroughly.

After adding the pasta to the vegetables add half the butter, half the onion, the sage leaves and red pepper flakes to a skillet and cook on medium to medium low heat. Cook until the onion becomes a nice golden brown (15-20 minutes).

While the above mixture is cooking on the stove top, combine the pasta and vegetables and the remaining butter and onion, cheese, salt and pepper into an oven-proof casserole dish.

Place the casserole with pizzoccheri and veggies into a hot oven for 5-10 minutes. Remove from the oven and pour the caramelized onion mixture over the pizzoccheri and serve hot.

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