PHILIPS

Pasta and
Noodle Maker
全自动面条机

Recipe book
调配手册

EN Inspiring and delicious **Pasta and Noodle Maker Recipes**

SC 创意满满又美味十足的面条机食谱

#philipspastamaker

Contents

组成部分

Enjoy endless fresh pasta in less than 10 minutes

The Philips pasta maker is fully automatic and makes various types of pasta and noodles

Making fresh pasta used to be complicated and required a lot of work, time and know-how. Now, you can make all kinds of fresh pasta and noodles in just minutes with the Philips pasta maker.

This booklet gives you the basics at a glance—how to make pasta and noodles from a basic dough, how to make traditional pasta shapes, how to add color with natural ingredients and how to enhance the flavor with herbs and spices. In the recipe section, you'll find step-by-step instructions for preparing well-known pasta and noodle dishes from all over the world. With the Philips pasta maker, the amount of shapes, colors and flavors that you can give your pasta is virtually endless!

The pasta recipes provided in this booklet and in the user manual have been tested for success. When trying out and using other pasta recipes, remember to adjust the proportions of flour, water and eggs according to the measuring ratios on the cups included with the pasta maker. The pasta maker will not work as intended if you do not adjust new recipes accordingly.

10 分钟内即可尽享多种新鲜面食

飞利浦面条机为全自动操作，可制作各种类型的面条

制作新鲜面条往往比较复杂，需要大量的工序、时间和技巧。现在您可以使用飞利浦面条机制作各种新鲜面食。

这本手册为您提供一目了然的基本知识 – 如何将基本面团制成面条、如何制作传统面条形状、如何使用天然成分添加颜色以及如何使用草药和香料增强风味。在食谱部分，您可以找到世界各地知名面条菜肴的分步制作说明。使用飞利浦面条机，您可以制作的面条形状、颜色和口味种类几乎无穷无尽！

本手册和用户手册中提供的面条食谱已经过成功测试。在尝试和使用其他面条食谱时，请记住根据面条机附带的杯子上的测量比例调整面粉、水和鸡蛋的比例。如果您不相应地调整新食谱，面条机将无法按预期工作。

How to operate the Pasta Maker

· Prepare the flour and liquid in line with recipes in Recipe Book.
· Turn on Pasta maker by ⊙ button.
· Open lid and add flour.
· Close the lid.
· Press ⊙ to start mixing
· Slowly pour liquid into opening on lid.
  Important note: In mixing stage, it is normal to see crumbs rather than a fully shaped dough. Do not add extra liquid, follow the guide.
· Pasta will appear after approximately 3 minutes.
· Cut pasta to preferred size.

Cooking
· Cooking time depends on personal preferences, pasta shapes and number of servings.

Storage:
· Fresh-made pasta will keep in the fridge for a few days. Sprinkle them with a little flour to prevent sticking. For best results, partially cook pasta
· before storage and complete the cooking when required. Pasta will freeze. Dry pasta by hanging on a wire or pasta rack in a dry place.

This book uses the following abbreviations:

kg = kilogram	lb = pound	g = gram
oz = ounces	l = liter	ml = milliliter
fl oz = fluid ounces	tbsp = tablespoon	tsp = teaspoon

如何操作面条机

· 按照食谱中的说明准备面粉和液体。
· 通过 ⊙ 按钮打开面条机。
· 打开盖子并加入面粉。
· 合上盖子。
· 按 ⊙ 开始混合
· 慢慢地将液体倒入盖子上的开口处。
  重要事项：在混合阶段，通常看到细团块而不是完全成形的面团。请勿添加额外的液体，请遵循指南。
· 大约 3 分钟后就会制出面条。
· 将面条切成您想要的大小。

烹饪
· 烹饪时间具体应取决于个人偏好、面条形状以及份量。

存储：
· 新鲜制作的面条可在冰箱中保存几天。撒上少许面粉，以防止粘连。为获得理想效果，请先略煮一下面条
· 然后再进行存储，并再于需要时完成烹饪。面条将会冻结。请将面条挂在干燥处的绳索或意面架上。

本手册采用以下缩写：

kg = 千克	lb = 磅	g = 克
oz = 盎司	l = 升	ml = 毫升
fl oz = 液量盎司	tbsp = 汤匙	tsp = 茶匙

Shaping discs and pasta shapes

The pasta shaping discs are attached to the Pasta Maker to create the unique pasta shapes. The discs available might differ by country. Each recipe suggests a specific shape to use, but other shapes can be used instead.

塑形圆盘和面条形状

塑形圆盘连接在面条机上，可制作独特的面条形状。可用塑形盘可能会因各国家/地区而异。每个食谱都建议使用特定的形状，但也可以使用其他形状。

EN Spaghetti
SC 意式细面条
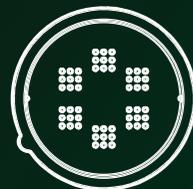
EN Penne
SC 意式通心粉

EN Angel hair
SC 龙须面

EN Lasagna/Ravioli/Cannelloni/Maltagliati/Pizzoccheri
SC 千层面/意式饺子/意式肉卷/美塔利亚意面/比措琪里面

EN The model you choose may come with more discs. Please check the packaging to learn more.
SC 您选择的型号可能附带更多的塑形盘。请查看包装以了解更多信息。

EN Ingredients and doughs

SC 原料和面团

Flour, water and egg

Pasta is made with flour and water or flour and egg mixture (egg+water).
For extra color and flavor, spices, herbs, vegetable juices and other ingredients can be added.

For best results, we recommend a mix of durum semolina and all-purpose flour (type 405).

So-called strong flour types like these are ideal because they contain more protein, which produces better pasta consistency. Strong flour types can be used with or without egg.

When making gluten-free pasta, we recommend using a gluten-free flour, such as Buckwheat, Quinoa or Chickpea, and in some cases add extra thickener, such as Xanthan gum. Xanthan gum is a gluten-free polysaccharide that acts as a good binding agent to give pasta extra bounce. Note that flours like coconut, almond and rice contain no binder, so they should be combined with other flours to increase the chance of success.

This table shows the basic dough types used in the recipes in this book.

面粉、水和鸡蛋

面条是用面粉和水或面粉和鸡蛋混合物（鸡蛋+水）制成的。要想添加颜色和口味，您可以添加香料、香草、蔬菜汁和其他成分。

为了达到理想效果，我们建议您将粗粒硬质小麦粉和中筋面粉（405 型）混合使用。

这类称之为高筋面粉的面团是理想类型，因为其中含有更多的蛋白质，从而可以打造更好的面条粘稠度。高筋面粉可以使用或不使用鸡蛋。

制作无麸质面条时，我们建议使用无麸质面粉，例如荞麦粉、藜麦粉或鹰嘴豆粉，某些情况下可添加额外的增稠剂，如黄原胶。黄原胶是一种不含麸质的多糖，可作为良好的粘结剂，使面条增加弹力。请注意，椰子、杏仁和大米等面粉不含粘结剂，因此应与其他面粉混合，以增加制作成功的几率。

此表显示了本手册中的食谱所用的基本面团类型。

EN Wheat pasta
Flour 9 oz (250g) all-purpose flour
Fluid 3.35 oz (95g): 1 egg + water

SC 小麦意大利面食
面粉 250 克中筋面粉
液体 95 克：1 个鸡蛋 + 水

EN Wheat noodle
Flour 9 oz (250g) all-purpose flour
Fluid 3.35 oz (90g) water

SC 面条
面粉 250 克中筋面粉
液体 90 克水

EN Durum pasta
Flour 7 oz (200g) semolina 1.76 oz (50g) all-purpose flour
Fluid 3.35 oz (95g): 1 egg + water

SC 硬粒小麦意大利面食
面粉 200 克粗粒面粉
50 克中筋面粉
液体 95 克：1 个鸡蛋 + 水

EN Durum noodle
Flour 7 oz (200g) semolina / 1.76 oz (50g) all-purpose flour
Fluid 3 oz (90g) water

SC 硬粒小麦面条
面粉 200 克粗粒面粉/50 中筋面粉
液体 90 克水

EN Ramen
Flour 9 oz (250g) bread flour / 3g salt
Fluid 3.35 oz (90g) water

SC 拉面
面粉 250 克面包粉/3 克盐
液体 90 克水

EN Udon
Flour 9 oz (250g) all-purpose flour
Fluid 3.35 oz (90g) water

SC 乌冬面
面粉 250 克中筋面粉
液体 90 克水

EN Dumpling & Ravioli sheet
Flour 9 oz (250g) all-purpose flour
Fluid 3.35 oz (95g) water

SC 饺子和意式饺子皮
面粉 250 克中筋面粉
液体 95 克水

EN Whole wheat pasta / noodles
Flour 9 oz (250g) whole wheat flour
Fluid 3.35 oz (95g): 1 egg + water

SC 全麦意大利面食/面条
面粉 250 克全麦面粉
液体 95 克：1 个鸡蛋 + 水

EN Spelt pasta / noodles
Flour 9 oz (250g) spelt flour
Fluid 3.35 oz (95g): 1 egg + water

SC 斯佩耳特小麦意大利面食/面条
面粉 250 克斯佩耳特小麦粉
液体 95 克：1 个鸡蛋 + 水

EN Buckwheat and Rice Pasta (Gluten Free)
Flour 5.3 oz (150g) buckwheat 3.53 oz (100g) rice flour
Fluid 0.71 oz (100g) oil, 4.73 fl oz (140ml) water

SC 荞麦粉面条和米粉（不含麸质）
面粉 150 克荞麦粉 100 克米粉
液体 100 克油，140 毫升水

EN Buckwheat and Chestnut Pasta (Gluten Free)
Flour 4.6 oz (130g) Buckwheat Flour, 4.2 oz (120g) Chestnut flour, ½ teaspoon carob flour
Fluid 3.4 fl oz (100ml) water, 1 tbs oil

SC 荞麦粉和栗粉面条（无麸质）
面粉 130 克荞麦粉，120 克栗粉，½ 茶匙角豆粉
液体 100 毫升水，1 汤匙油

EN Chickpea Pasta (Gluten Free)
Flour 7 oz (200g) Chickpea flour, 2.5 oz (70g) liquid, 1 teaspoon of xanthan. (or alternatively, 9 oz (250g) Chickpea flour
Fluid 3.2 fl oz (95ml) water (1 egg + rest is filled up with water)

SC 鹰嘴豆粉面条（无麸质）
面粉 200 克鹰嘴豆粉、70 克液体、1 茶匙黄原胶。或替换为 250 克鹰嘴豆粉
**液体** 95 毫升水
（1 个鸡蛋 + 其余部分为水）

EN Add more flavor

Recipes for 10.5 oz (300 g) (3 to 4 portions) of fresh pasta

EN **Carrot pasta / noodles**
Flour 7 oz (200g) semolina, 1.76 oz (50g)
all-purpose flour
Fluid 3 oz (95g): (1 egg +) carrot juice

SC **胡萝卜意利面食/面条**
面粉 200 克粗粒面粉，50 克中筋面粉
液体 95 克：（1 个鸡蛋 +）胡萝卜汁

EN **Tomato pasta / noodles**
Flour 9 oz (250g) all-purpose flour
Fluid 3.35 oz (95g) (1 egg +) water,
1 tbsp tomato puree

SC **番茄意大利面食/面条**
面粉 250 克中筋面粉
液体 95 克（1 个鸡蛋 +）水，1 汤匙番茄酱

EN **Soba**
Flour 6 oz (170g) buckwheat flour,
2.9 oz (80g) all-purpose flour
Fluid 3.35 oz (95g): 1 egg + water

SC **荞麦面**
面粉 170 克荞麦粉、80 克中筋面粉
液体 95 克：1 个鸡蛋 + 水

EN **Beet pasta / noodles**
Flour 9 oz (250g) all-purpose flour
Fluid 3 oz (95g): (1 egg +) beet juice

SC **甜菜意大利面食/面条**
面粉 250 克中筋面粉
液体 95 克：（1 个鸡蛋 +）甜菜汁

EN **Spinach lasagna / dumpling / wonton**
Flour 9 oz (250g) all-purpose flour
Fluid 3 oz (95g): (1 egg +) spinach juice

SC **菠菜千层面/饺子/馄饨**
面粉 250 克中筋面粉
液体 95 克：（1 个鸡蛋 +）菠菜汁

EN **Fennel & pepper pasta / noodle**
Flour 9 oz (250g) wheat flour,
1/2 tbsp ground fennel,
1/2 tbsp ground black pepper
Fluid 3.35 oz (95g): 1 egg + water

SC **茴香和胡椒意大利面食/面条**
面粉 250 克面粉、1/2 汤匙小茴香粉、
1/2 汤匙黑胡椒粉
液体 95 克：1 个鸡蛋 + 水

EN **Pasta nero**
Flour 7 oz (200g) semolina, 1.76 oz (50g)
all-purpose flour
Fluid 3 oz (95g): 1 egg + 1 tsp squid ink + water

SC **墨鱼汁意大利面**
面粉 200 克粗粒面粉，50 克中筋面粉
液体 95 克：1 个鸡蛋 + 1 茶匙墨鱼汁 + 水

EN **Herb pasta / noodle**
Flour 9 oz (250g) bread flour,
1 tbsp finely chopped tarragon
Fluid 3 oz (95g): (1 egg +) water

SC **香草意大利面食/面条**
面粉 250 克面包粉、1 汤匙细细切碎的龙蒿
液体 95 克：（1 个鸡蛋 +）水

EN **Gluten-free pasta**
Flour 9 oz (250g) gluten free flour, 0.7 oz (2g)
gum xanthan
Fluid 2 eggs, 1.76 oz (50g) water
Amount of pasta 10.5 oz (300g)

SC **无麸质面条**
面粉 250 克无麸质面粉、2 克黄原胶
液体 2 个鸡蛋、50 克水
面条量 300 克
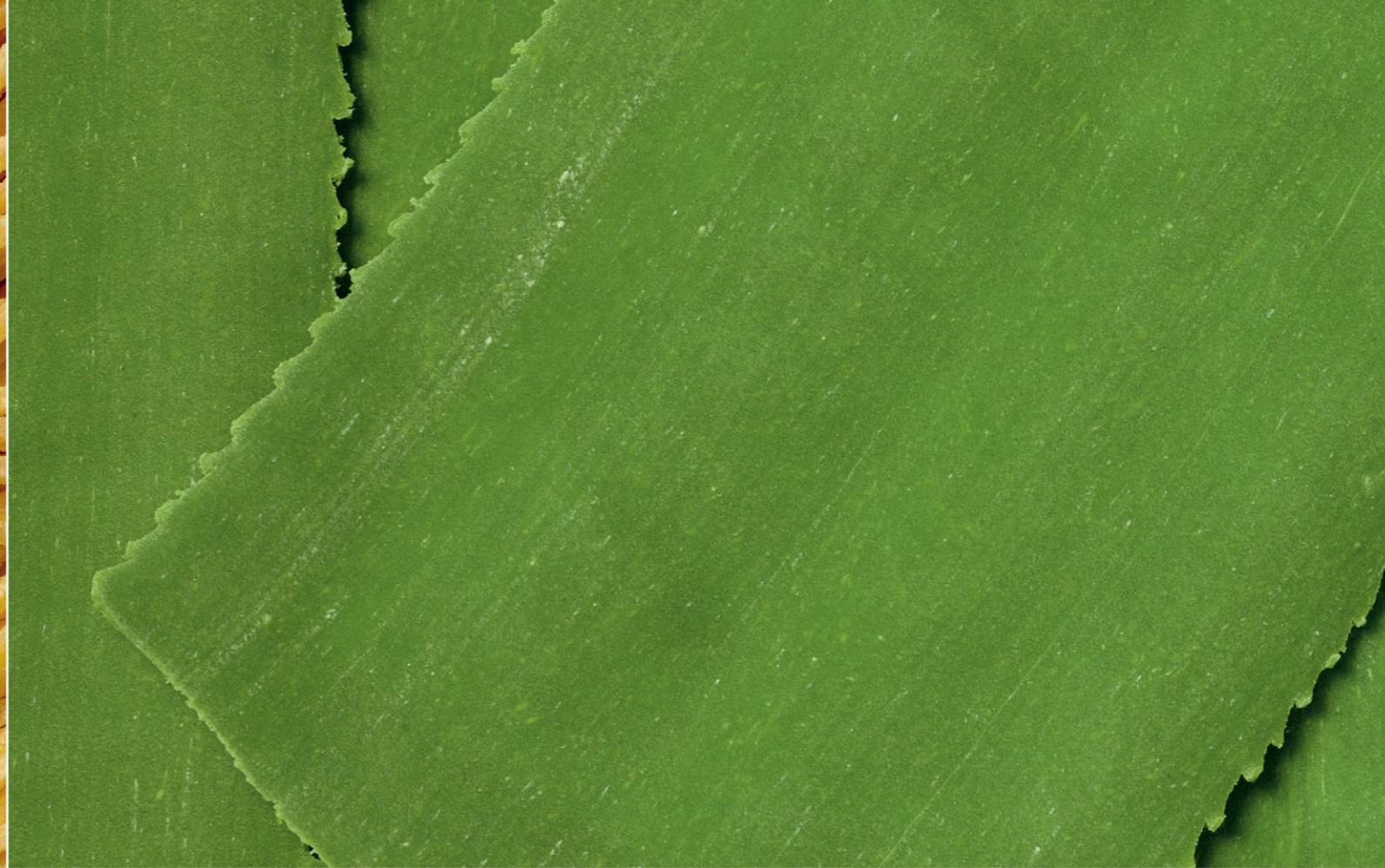
Classic recipes

经典食谱

Lasagna Bolognese

Fresh pasta
21 oz (600g) lasagna sheets (spinach)

Bolognese sauce
• Olive oil
• 1 onion, finely chopped
• 2 stalks celery, finely chopped in cubes
• 2 carrots, finely chopped in cubes
• 2 red peppers, finely chopped in cubes
• 3.53 oz (100g) pancetta, chopped
• 17.6 oz (500g) ground beef
• 1.76 oz (50g) (3½tbsp) tomato puree
• 9 oz (250g) sieved tomatoes
• 8.5 fl oz (250ml) beef stock

Béchamel
• 1.76 oz (50g) (3½ tbsp) butter
• 2 oz (60g) flour
• 34 fl oz (1 L) milk
• 9 oz (250g) Parmesan cheese, grated

Preparation
1. For the Bolognese; in a skillet fry the pancetta, onion, celery and carrot on low heat for 10 minutes. Add the meat. When brown, add tomato puree, sauce and stock. Leave to simmer.
2. For the Béchamel sauce, melt the butter slowly, spooning flour until a dough—roux—appears. Cook the roux for 2 minutes on low heat. Add milk gradually, stirring constantly with a whisk. The sauce thickens.
3. For the lasagna, start with a thin layer of Bolognese, then make 4 or 5 layers in the following order: Pasta, Bolognese, Béchamel, cheese.
4. Bake in oven for about 40 minutes at 350°F (180°C).

波隆那肉酱千层面

生面
600 克千层面片（菠菜）

波隆那肉酱
• 橄榄油
• 1 个洋葱，细细切碎
• 2 个芹菜茎，细细切成小丁
• 2 根胡萝卜，细细切成小丁
• 2 个红辣椒，细细切成小丁
• 100 克意式培根，切碎
• 500 克碎牛肉
• 5 克（3½ 汤匙）番茄酱
• 250 克过筛番茄
• 250 毫升牛肉高汤

贝夏梅尔调味酱
• 50 克（3½ 汤匙）黄油
• 60 克面粉
• 1 升牛奶
• 250 克帕尔马干酪，搓碎

准备
1. 对于波隆那肉酱；用煎锅小火煎意式培根、洋葱、芹菜和胡萝卜 10 分钟。加入肉。变成棕色时，加入番茄酱、酱汁和高汤。小火慢炖。
2. 对于贝夏梅尔调味酱，慢慢融化黄油，用勺子舀入面粉，直至出现面团（乳酪面粉糊）。将面糊小火烹饪 2 分钟。慢慢加入牛奶，用搅拌器不断搅拌。酱汁会变得浓稠。
3. 对于千层面，先从一层薄薄的波隆那肉酱开始，然后按照以下顺序制作 4 或 5 层：意大利面、波隆那肉酱、贝夏梅尔调味酱、奶酪。
4. 在烤箱中以 180°C 烘烤大约 40 分钟。

Suggestion
Meat can be replaced with eggplant and fried peppers.

建议
肉可以用茄子和炸辣椒代替。

Spelt spaghetti with cheese and pepper

胡椒起司斯佩耳特小麦意式细面条

Fresh pasta
- 9 oz (250g) spelt flour
- 1 egg + water

Sauce
- 5.3 oz (150g) pecorino Romano, grated
- Pepper to taste

Preparation
1. Bring a pan of salted water to a boil.
2. Cook the spaghetti until al dente (firm to the bite).
3. Meanwhile, put the pecorino in a large bowl and add a few tablespoons of the cooking water.
4. Mix well until it forms a creamy sauce.
5. Drain the spaghetti and put it in the bowl with the pecorino sauce.
6. Mix and add pepper to taste.

生面
- 250 克斯佩耳特小麦粉
- 1 个鸡蛋 + 水

酱
- 150 克佩科里诺罗马诺干酪，搓碎
- 胡椒粉（酌量）

准备
1. 将一锅盐水煮沸。
2. 将意式细面条煮至"耐嚼"的程度（咬起来很筋道）。
3. 同时，将佩科里诺干酪放入大碗中，并加入几汤匙汤汁。
4. 混合均匀，直至形成奶油酱。
5. 沥干意式细面条，并同佩科里诺酱料一起放入碗中。
6. 混合并加入胡椒粉调味。

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

建议
将面条分放在单独的盘子中，再添加更多搓碎的佩科里诺干酪。
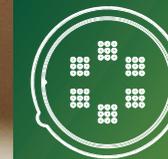
Ricotta spinach ravioli with sage butter

菠菜馅意式饺子

Fresh pasta
• 10.5 oz (300 g) pasta squares

Filling
• 10.5 oz (300 g) fresh spinach
• 9 oz (250g) ricotta cheese
• 9 oz (50g) Parmesan cheese, grated
• 1 oz (30g) (2 tbsp) pine nuts, roasted
• Nutmeg, to taste
• Extra: egg white, a brush

Sage butter
• 1.76 oz (50g) butter
• 10 sage leaves, chopped
• 1.7 fl oz (50ml) (3 tbsp + 1 tsp) cream
• 1.76 oz (50g) Parmesan cheese
• Ground black pepper, to taste

Preparation
1. Bring a large pan of salted water to a boil and blanch the spinach by cooking for 5 seconds, draining, refreshing with cold water and draining again.
2. Finely chop the spinach and combine with the filling ingredients.
3. Lay half of the pasta sheets on a flat surface and place one heaping teaspoon of the filling onto each pasta sheet. Brush the edges of the pasta with egg white and place another pasta sheet on top, using a fork to seal the edges to form an envelope.
4. Prepare the sage butter. Melt the butter in a saucepan on low heat. Add the sage, sea salt and cream and simmer for a few seconds. Stir in the cheese until melted. Season.
5. Cook the ravioli ready in 6–8 minutes. Serve directly topped with the sage butter.

生面
• 300 克面条方块

馅料
• 300 克新鲜菠菜
• 250 克意大利乳清干酪
• 50 克帕尔马干酪，搓碎
• 30 克（2 汤匙）松子，烤制
• 调味用肉豆蔻
• 其他：蛋清、一个刷子

鼠尾草牛油
• 50 克黄油
• 10 片鼠尾草叶，切碎
• 50 毫升（3 汤匙 + 1 茶匙）奶油
• 50 克帕尔马干酪
• 调味用黑胡椒粉

准备
1. 将一大锅盐水煮沸，然后将菠菜焯烫 5 秒钟，沥干水分，以冷水冷却，再次沥干水分。
2. 将菠菜细细切碎，并与馅料的各种原料搅拌在一起。
3. 将半数的面皮铺在平坦的表面上，并将满满一茶匙馅料放在每张面皮上。把蛋清刷在面皮边缘，然后在上面铺上另一张面皮，用叉子密封边缘以形成信封状。
4. 准备鼠尾草牛油。将黄油在一个平底锅中用小火融化。加入鼠尾草、海盐和奶油，慢火煮几秒钟。搅拌干酪直至融化。调味。
5. 在 6-8 分钟内将意式饺子煮好。上面直接加上鼠尾草牛油即可食用。

Gourmet Recipes

美食食谱

Beet spaghetti with olives, capers and burrata

橄榄刺山柑布拉塔芝士配甜菜意式细面条

Fresh pasta
• Approx. 10.5 oz (300g) beetroot pasta

Sauce
• 3.53 oz (100g) pitted green olives
• 3.53 oz (100g) pitted black olives (not dyed)
• 2.9 oz (80g) capers in brine, rinsed under water
• 3–4 tbsp olive oil
• ½ garlic clove, finely chopped
• 4 ripe tomatoes, stemmed and finely sliced
• 1 chili pepper, finely chopped
• 1 sprig of thyme, stripped and chopped
• 1 sprig of oregano, chopped
• 5.3 oz (150g) burrata cheese, drained

Preparation
1. Halve or quarter the olives (you can also chop them into small pieces) and mix them with the capers.
2. Heat the oil and fry the garlic in it. Add the olives and capers and cook for three minutes.
3. Next, add the tomatoes and chili pepper and bring the sauce to a boil.
4. Season the sauce to taste with sea salt and pepper and add the chopped herbs.
5. Add the pasta to the sauce, tear the burrata into pieces and sprinkle over the beet pasta.

生面
• 约 300 克甜菜根面条

酱
• 100 克去核青橄榄
• 100 克去核黑橄榄（未染色）
• 80 克盐水渍刺山柑，在水下冲洗
• 3–4 汤匙橄榄油
• ½ 个蒜瓣，细细切碎
• 4 个熟西红柿，去蒂，切成薄片
• 1 个辣椒，细细切碎
• 1 株百里香，切段
• 1 片牛至，切碎
• 150 克布拉塔芝士，沥干

准备
1. 将橄榄切成一半或四分之一大小（也可将其切成小块）并将其与刺山柑混合。
2. 加热油并将大蒜炒熟。加入橄榄和刺山柑，然后烹饪三分钟。
3. 接下来，加入西红柿和红辣椒，将酱汁煮沸。
4. 用海盐和胡椒给酱汁调味，加入切碎的香草。
5. 将面条加入酱汁中，将布拉塔撕成碎片，撒在甜菜面上。

Pasta nero pescatore

Fresh pasta
- 10.5 oz (300g) pasta nero

Sauce
- 2 garlic cloves, finely chopped
- 1 small red onion, finely chopped
- 1 tsp red pepper paste or powder
- 1 oz (30g) (1 tbsp + 2 tsp) concentrated
- Tomato puree
- Fresh rosemary leaves, chopped
- 3.53 oz (100g) squid
- 3.53 oz (100g) shrimp
- 10.5 oz (300g) mussels
- 3.4 fl oz (100ml) white wine
- 3.4 fl oz (100ml) sieved tomatoes
- Olive oil
- A good pinch of sea salt

Garnish
- Fresh parsley, chopped
- Lemon wedges

Preparation
1. Bring a large pot of salted water to a boil, cook pasta ready in 6–8 minutes. Quickly drain, cool with cold water and drain again.
2. Fry the garlic, onion, red pepper, tomato paste and rosemary in a large skillet until soft. Add seafood, fry for 1 minute.
3. Add wine, cover and cook for 5 minutes until the mussels open. Add the tomato sauce and simmer. Add the cooked pasta and warm through.
4. Serve sprinkled with parsley and with lemon wedges on the side.

海鲜墨鱼汁意大利面

生面
- 300 克海鲜墨鱼汁意大利面

酱
- 2 瓣大蒜，细细切碎
- 1 个小红洋葱，细细切碎
- 1 茶匙红辣椒酱或红辣椒粉
- 30 克（1 汤匙 + 2 茶匙）浓
- 番茄泥
- 新鲜的迷迭香叶，切碎
- 100 克鱿鱼
- 100 克大虾
- 300 克贻贝
- 100 毫升白葡萄酒
- 100 毫升过筛番茄
- 橄榄油
- 一小撮海盐

饰菜
- 新鲜欧芹，切碎
- 柠檬条

准备
1. 将一大锅盐水煮沸，6 至 8 分钟内烹煮面条。迅速沥干水分，用凉水冷却，然后再次沥干水分。
2. 将大蒜、洋葱、红辣椒、番茄酱和迷迭香在大煎锅中炒至酥软。加入海鲜，煎炒 1 分钟。
3. 加入葡萄酒，盖上盖子煮 5 分钟，直到贻贝开口。加入番茄酱，小火慢炖。加入煮熟的面条并热透。
4. 食用时，撒上欧芹并在一侧撒上柠檬条。

Jiaozi dumplings

Fresh pasta
- 10.5 oz (300g) spinach dumpling sheets
- 10.5 oz (300g) tomato or red beet dumpling sheets
- 10.5 oz (300g) standard or carrot dumpling sheets

Filling 1 7 oz (200g) ground pork / 1 clove garlic, peeled and finely minced / 1 thumb size piece fresh ginger, finely minced / 1 tbsp soy sauce / 1 tsp salt / 1 tbsp Chinese rice wine or dry sherry / ¼ tsp freshly ground white pepper, or to taste / 2 tbsp sesame oil / ½ green onion, finely chopped / 3.53 oz (100g) finely shredded Napa cabbage / optional: bamboo shoots, shredded

Filling 2 7 oz (200g) shrimp to replace pork, chopped

Filling 3 10 dried mushrooms to replace the pork, soak in warm water until soft, chopped

Dipping sauce 3 tbsp soy sauce / 1 tbsp rice vinegar / 1 tsp white sugar / 1 tsp sesame oil / 5 coriander sprigs, finely chopped / 1 red chili, finely chopped

1. Bring a large pan of salted water to a boil.
2. Meanwhile, combine the ingredients for each of the fillings and mix well.
3. Lay the dough sheets on a flat surface.
4. Place a heaping teaspoon of the filling into the middle of each dumpling wrapper. Try the different doughs with the different fillings.
5. Brush the edges with water (or egg white).
6. Squeeze together into a pyramid with the filling inside.
7. Cook wontons in batches. Stir occasionally to prevent sticking to the bottom of the pot.
8. Serve on large plate with the dip.

饺子

生面
- 300 克菠菜饺子皮
- 300 克番茄或红甜菜饺子皮
- 300 克标准或胡萝卜饺子皮

馅料 1 200 克猪肉馅/1 个蒜瓣，去皮且细细切碎/拇指大小的 1 块新鲜生姜，细细切碎/1 汤匙酱油/1 茶匙盐/1 汤匙中国黄酒或干雪莉酒/¼ 茶匙现磨白胡椒，或以白胡椒调味/2 汤匙芝麻油/½ 个青洋葱，细细切碎/100 克细细切碎的大白菜/可选：竹笋，切碎

馅料 2 以 200 克虾肉（切碎）代替猪肉

馅料 3 以 10 个干蘑菇代替猪肉，在温水中泡软后

切碎熏肉 3 汤匙酱油/1 汤匙米醋/1 茶匙白糖/1 茶匙芝麻油/5 枝芫荽，细细切碎/1 个红辣椒，细细切碎

1. 将一大锅盐水煮沸。
2. 同时，将每种馅料的原料在一起充分搅拌均匀。
3. 将面皮铺在平坦的表面上。
4. 将满满一茶匙馅料放在每个饺子皮的中间。尝试将不同馅料搭配不同面团。
5. 用水（或蛋清）涂刷边缘。
6. 将边缘挤压在一起，以构成馅料位于内部的金字塔形。
7. 分批烹煮馄饨。不时搅拌以防止其粘在锅底上。
8. 装在大盘子上，与蘸酱一起食用。

Suggestion
You can also steam the dumplings. The dumplings can be fried after cooking.

建议
您还可以蒸饺子。饺子煮过之后，还可进行煎炸。

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

软山羊干酪配烤酿番茄意式宽面条

Fresh pasta
• Approx. 10.5 oz (300 g) fettuccine

Sauce
• 4 medium vine tomatoes
• 1 oz (30g) icing sugar
• 1 shallot
• ½ clove of garlic
• 5 tbsp olive oil
• 2 thumb-sized pieces of fresh ginger, sliced
• 3 tbsp brown sugar
• 3.4 fl oz (50ml) white wine
• 3.4 fl oz (100ml) veal broth
• 7 oz (200g) strained tomatoes
• 2 sprigs of thyme, plucked
• 1 sprig of basil, chopped
• 1 fl oz (30ml) cream
• 3.53 oz (100g) soft goat's cheese

Preparation
1. Cut the top off the tomatoes, hollow out the flesh with a spoon and set aside.
2. Stuff the tomatoes with some icing sugar and olive oil and cook in the oven at 250°F (120°C) for 10 minutes.
3. Chop the shallots and the garlic. Dice the shallots 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 chili.
7. Stuff the tomatoes with the tomato sauce, add the goat's cheese and cook in the oven at 160°C for 5 minutes more.

生面
• 约 300 克意式宽面条

酱
• 4 个中等大小的带蔓番茄
• 30 克冰糖
• 1 根葱
• ½ 个蒜瓣
• 5 汤匙橄榄油
• 2 片拇指大小的生姜，切片
• 3 汤匙红糖
• 50 毫升白葡萄酒
• 100 毫升小牛肉高汤
• 200 克番茄酱
• 2 枝百里香，去枝
• 1 片罗勒，切碎
• 30 毫升奶油
• 100 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，然后在微波炉中以 120°C 加热 10 分钟。
3. 切碎葱和大蒜。将葱切丁，将大蒜切片。
4. 将橄榄油倒入平底锅加热，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，加入小牛肉高汤、番茄果肉和筛滤番茄酱，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，然后在微波炉中以 160°C 加热 5 分钟以上。

Recipes children love

儿童喜爱的食谱

Spaghetti with tomato sauce

Fresh pasta
• 10.5 oz (300g) durum spaghetti

Tomato sauce
• Olive oil
• 1 small onion, chopped
• 2 stalks celery, chopped
• 1 carrot (3.53 oz (100g)), chopped
• 2 sprigs rosemary leaves, chopped
• 2 cloves garlic, finely chopped
• 1 oz (30g) (1 tbsp + 2 tsp) tomato puree
• 2 tbsp balsamic vinegar
• Optional: 3.4 fl oz (100ml) red wine
• 8.5 fl oz (250ml) 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 a 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.

番茄酱意大利细面

生面
• 300 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，切碎
• 2 个蒜瓣，细细切碎
• 30 克（1 汤匙 + 2 茶匙）番茄酱
• 2 汤匙香醋
• 可选：100 毫升红葡萄酒
• 250 毫升过筛番茄酱
• ½ 茶匙鸡汤料或蔬菜汤料
• 调味用黑胡椒粉

配料
• 帕尔马干酪，搓碎
• 可选：新鲜罗勒，切碎

准备
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，中火炒 5 分钟或直至洋葱变为透明。加入番茄酱、高汤粉和迷迭香。
3. 以香醋和红葡萄酒或汤汁进行收汁。
4. 加入过筛的番茄酱，文火炖 10 分钟，直至变稠。
5. 将面条煮 5 至 6 分钟。沥干水分并定量装盘。加入大量的酱汁，撒上罗勒和奶酪。

Suggestion
Also try the Bolognese sauce from the lasagna recipe.

建议
您还可以尝试千层面食谱中的波隆那肉酱。

Tricolore penne picnic salad

Fresh pasta
• 21 oz (600g) multicolored penne

For the salad
• 9 oz (250g) green beans, blanched
• 7 oz (200g) asparagus, blanched
• 1 red bell pepper, chopped
• 9 oz (250g) cherry tomatoes, halve
• Fresh basil / fresh parsley, chopped

Dressing
• Juice of ½ lemon
• 4 tbsp olive oil
• 1 tsp honey
• Ground black pepper, to taste

Topping
• Walnuts or other nuts, roasted
• 2.7 oz (75g) goat cheese, crumbled

Preparation
1. Bring a large pan of salted water to a 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
• 600 克多色意大利通心粉

用于沙拉
• 250 克青豆，焯烫
• 200 克芦笋，焯烫
• 1 根红甜椒，切碎
• 250 克樱桃番茄，切半
• 新鲜罗勒/新鲜欧芹，切碎

调料
• ½ 柠檬的汁
• 4 汤匙橄榄油
• 1 茶匙蜂蜜
• 调味用黑胡椒粉

配料
• 核桃或其他坚果，烤制
• 75 克山羊奶酪，切碎

准备
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. 在大沙拉碗中准备调料。加入所有的沙拉原料和面条，然后搅拌在一起。
3. 上面撒上坚果和奶酪。
4. 即刻享用。

Penne mac & cheese

Fresh pasta
- 21 oz (600g) penne

Cheese sauce
- 1 oz (30g) (2 tbsp) butter
- 9 oz (40g) wheat flour
- 10 fl oz (300ml) milk
- 3.53 oz (100g) Cheddar or Gouda cheese
- 1.76 oz (50g) Parmesan cheese

Extra
- 0.71 oz (100g) (1½ tbsp) butter
- Bread crumbs
- Paprika powder

Preparation
1. Bring a large pan of salted water to a boil and cook the pasta in 10-12 minutes. Drain, cool under cold water, leave to drain.
2. Meanwhile, in a saucepan, melt butter on the lowest heat. Stir in the flour to make a roux and fry for a few minutes. Add milk gradually, stirring constantly with a whisk. Stir in cheeses, and cook over low heat until cheese is melted and the sauce has thickened.
3. Place the pasta in a large casserole dish, and cover with the cheese sauce.
4. Prepare the breadcrumb topping. Melt butter in a skillet over medium heat. Add breadcrumbs and brown. Spread over the penne. Sprinkle with a little paprika.
5. Bake in a pre-heated oven at 175℃ for 30 minutes. Serve.

Suggestion
Add vegetables like bell pepper, blanched broccoli, or green beans to make this dish a more balanced meal.

奶酪意大利通心粉

生面
- 600 克意大利通心粉

奶酪酱
- 30 克（2 汤匙）黄油
- 40 克面粉
- 300 毫升牛奶
- 100 克车达芝士或高德干酪
- 50 克帕尔马干酪

其它
- 100 克（1½汤匙）黄油
- 面包屑
- 红辣椒粉

准备
1. 将一大锅盐水煮沸，然后将面条煮 10 至 12 分钟。沥干水分，在冷水下进行冷却，然后再次沥干水分。
2. 同时，在平底锅中以最小火融化黄油。搅入面粉以制作乳酪面粉糊，并煎几分钟。慢慢加入牛奶，用搅拌器不断搅拌。搅入奶酪，并用小火烹煮，直至奶酪融化且酱汁变稠。
3. 将意大利面放入大砂锅中，并在上面覆上奶酪酱。
4. 烹制面包屑配料。在煎锅以中火融化黄油。加入面包屑，将其煎至呈褐色。将配料抹在意大利通心粉上。撒上少许红椒粉。
5. 在已预热的烤箱中以 175°C 烘烤 30 分钟。即可食用。

建议
加入甜椒、焯过的西兰花或青豆等蔬菜，让这款菜式更加均衡。

Chestnut flour fettuccini with gorgonzola and apple

Buckwheat and Chestnut Pasta (Gluten Free):
• 4.6 oz (130g) buckwheat flour
• 4.2 oz (120g) Chestnut flour
• ½ teaspoon carob flour
• 3.4 fl oz (100ml) water
• 1 tbs oil

Sauce
• 1 apple
• 9 oz (250g) gorgonzola

Preparation
1. Cut the apple into medium-sized slices.
2. Melt the gorgonzola in a small pan and add the apple slices.
3. Add a little cooking water, if required, to make the sauce creamier.
4. Cook the pasta in salted water.
5. Drain, put in a bowl and add the gorgonzola and apple sauce.
6. Mix well and serve.

栗粉意式宽面条配戈尔根朱勒干酪和苹果

荞麦粉和栗粉面条（无麸质）：
• 130 克荞麦粉
• 120 克栗粉
• ½ 茶匙角豆粉
• 100 毫升水
• 1 汤匙油

酱
• 1 个苹果
• 250 克戈尔根朱勒干酪

准备
1. 将苹果切成中等大小的切片。
2. 将戈尔根朱勒干酪在小锅中融化，然后加入苹果片。
3. 如果需要，加入汤汁让酱汁更浓。
4. 在盐水中煮面条。
5. 沥干水分，放入碗中，然后加入戈尔根朱勒干酪和苹果酱。
6. 混合均匀，即可食用。

Gluten free recipes

无麸质食谱

Suggestion
The consistency of a dough based on chestnut flour depends strongly on the amount of eggs used. For best results, you can adjust the ratio of eggs to water according to your needs.
If any pasta is left inside, please use the extrusion-only function.

建议
栗粉为主的面团稠度很大程度上取决于鸡蛋的用量。为了获得理想效果，您可以根据自己的需求调整鸡蛋和水的比例。如有面条留在面条机内，请使用仅挤出功能。

Pizzoccheri alla Valtellinese

Ingredients
• 4.6 oz (250g) buckwheat flour
• 3 oz (90g) water

Sauce
• 9 oz (250g) Bitto or Fontina cheese, cut into small cubes
• 3.53 oz (100g) Butter
• 2 garlic cloves
• 2 potatoes, cut into large pieces
• 10.5 oz (300 g) savoy cabbage

Preparation
1. Use the lasagna disc. Slice the dough into pieces approximately 4 in. (10 cm) long.
2. Cut the squares of dough vertically into 5 and horizontally into 2.
3. Bring a pan of salted water to a boil.
4. Add the potato pieces.
5. After approximately 8 minutes, add the savoy cabbage.
6. When both ingredients are almost cooked, put the pizzoccheri in the salted water.
7. Drain all the ingredients, transfer them into a bowl and quickly add the cheese so that it melts.
8. Add the garlic fried in butter.
9. Mix well and serve hot.

Suggestion
To shape the pizzoccheri, spread them out on plates and cut them using a coppapasta (pasta cutter).

Note
Buckwheat flour is gluten-free.

土豆甘蓝比措琪里面

原料
• 250 克荞麦粉
• 90 克水

酱
• 250 克比特芝士或梵堤那芝士，切成丁
• 100 克黄油
• 2 个蒜瓣
• 2 个土豆，切成大块
• 300 克皱叶甘蓝

准备
1. 使用千层面塑形盘。将面团切成约 10 厘米长的切片。
2. 将方面团垂直切成 5 份，水平切成 2 份。
3. 将一锅盐水煮沸。
4. 加入土豆片。
5. 大约 8 分钟后，加入皱叶甘蓝。
6. 当两种原料几乎都煮熟时，将比措琪里面放入盐水中。
7. 沥干所有原料，将其放入碗中，然后快速加入芝士使其融化。
8. 加入黄油炒大蒜。
9. 混合均匀，趁热食用。

建议
要制作比措琪里面，请将其展开在盘子上，然后使用 coppapasta（面条切割器）进行切割。

注意
荞麦粉为无麸质面粉。

Tagliatelle with rustic sausage

Chickpea Pasta (Gluten Free):
• 7 oz (200g) Chickpea flour
• 2.5 oz (70g) liquid
• 1 teaspoon of xanthan.

Or alternatively:
• 7 oz (250g) Chickpea flour
• 3.2 fl oz (95ml) water (1 egg + rest is filled up with water)

Rustic sausage sauce
• 7 oz (200g) pork sausage (or pancetta), chopped
• 1 chili pepper, chopped
• 1.7 fl oz (50ml) (3 tbsp + 1 tsp) red wine
• 2 tomatoes, chopped
• 1 tbsp fresh thyme leaves

Topping
• 1.76 oz (50g) pecorino, in large flakes

Preparation
1. Bring a large pot of salted water to a boil.
2. Fry the sausage in a skillet, add chili and thyme. When brown, deglaze with wine and add the tomatoes.
3. Simmer to reduce the sauce little. Meanwhile cook the pasta ready in 6–8 minutes.
4. Add the pasta to the sauce, toss together and serve. Top with the pecorino.

乡村香肠意大利宽面

鹰嘴豆粉面条（无麸质）
• 200 克鹰嘴豆粉
• 70 克液体
• 1 茶匙黄原胶。

或者替换成：
• 250 克鹰嘴豆粉
• 95 毫升水（1 个鸡蛋 + 其余部分为水）

乡村香肠酱
• 200 克猪肉香肠（或意式培根），切碎
• 1 个辣椒，切碎
• 50 毫升（3 汤匙 + 1 茶匙）红葡萄酒
• 2 个番茄，切碎
• 1 汤匙新鲜百里香叶

配料
• 50 克佩科里诺干酪，呈大薄片

准备
1. 将一大锅盐水煮沸。
2. 在煎锅中煎香肠，加入辣椒和百里香。煎至呈棕色时，用葡萄酒收汁并加入番茄。
3. 小火慢炖收汁。同时烹煮面条 6 至 8 分钟，将其煮熟。
4. 将面条添加到酱汁中，充分搅拌均匀即可食用。上面撒上佩科里诺干酪。

Suggestion
If using unflavored pasta, cook fennel seeds with the sausage and add ground white pepper to taste.

建议
如果使用未调味的意大利面，请将茴香籽与香肠一起烹煮，然后添加白胡椒粉调味。

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