

Cavatelli Recipe



Method

Make a well in the flour,
gradually mix in warm
water;
knead until the dough
become smooth and
supple;
create a pastry sheet;
cut into short lengths;
use fingers, press and roll
each piece of dough.

Enjoy!

Something About ...

Cavatelli are a typical pasta in Gravina and in Apulia, they're one of the easiest homemade pasta, they're a short pasta that looks a little bit like a shell.

Each piece of pasta has a hollow which perfectly captures the sauce for optimum flavor.

Cavatelli can be made in not much more than an hour, plus you won't need any special equipment.

That means no pasta machine, just simple kitchen supplies and YOUR hands!

They're often served with tomato sauce, with mushrooms and also they're wonderful with broccoli or broccoli rabe.

Ingredients

In this recipe you find just two ingredients: durum wheat flour/semolina and warm water.