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Flour + Water: Pasta



Synopsis

An elevated guide to the craft of pasta-making by rising star chef Thomas McNaughton of San Francisco's hottest Italian restaurant, flour + water. From San Francisco's wildly popular Italian restaurant, flour + water, comes this complete primer on the craft of pasta making. Chef Thomas McNaughton shares his time-tested secrets to creating simple, delicious, and beautiful artisan pasta "from the best fresh doughs to shaping and cooking every type of pasta." A true celebration of Italy's pasta traditions, flour + water includes fifty seasonally influenced recipes for home cooks of every skill level. The recipes cover the flavor spectrum from well-loved classics to inventive combinations, such as Tagliatelle Bolognese; Pumpkin Tortelloni with Sage and Pumpkin Seeds; Tomato Farfalle with Chicken Polpettine, Roasted Peppers, and Basil; and Asparagus Caramelle with Brown Butter. With guidance from McNaughton and the secrets of flour + water's dough room, anyone can learn to make amazing pasta at home.

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Customer Reviews

So far I've only tried one recipe but it turned out fantastic. The Tagliatelle Bolognese ragu took a bit of time to make but it was worth it. Even though I didn't brown the meats properly (put in too much onions and crowded the pan with liquids, inhibiting browning), it still tasted pretty good, even better than the one I had at Alla Vecchia Betolla in Florence a few weeks ago. (Made it a few times more, it never looks like the pictures in the book, I don't even know why) I've made the basic pasta dough twice now, half portion each time (my wooden chopping board is only big enough for making half of the normal sized dough). The author wasn't kidding when he said it's a little dry, but when I roll it out

it doesn't require any flour on the surface or the pin, so that's pretty convenient. Also, please note that you do not need a pasta machine to roll the dough, all I did was split the half dough into 8 parts and roll them individually on my wooden cutting board, they just take a bit more time is all. (There was also a wetter dough recipe on page 161 that is supposedly tailor made for hand rolling, I will try it and get back to you guys.) There really isn't anything I have to nitpick about the book, it's cleanly organized, the photos are top notch, the recipes work (so far) and the instructions are detailed. 10/10 Would buy again.

The publisher's blurb calls this an "elevated" guide to pasta. If "elevated" means "complex and difficult" then the blurb is spot on. This is not beginning cookery. A colleague of mine, who lived alone and had a job with regular hours, always made pasta from scratch. She said it took very little time and she loved doing it. If you often make pasta, then rush out and buy this book (the physical book, I think, not the ebook). If you do not want to make the pasta, then consider whether your alternatives - locally-made fresh pasta or high-quality dried pasta - will suffice. Making these recipes with discount pasta is likely to be disappointing. Consider your sources of fresh ingredients too. Many of the ingredients Mr. McNaughton calls for are exotic, like bitter honey or burrata (a special kind of mozzarella) and are sourced at specialty grocers and super-duper farmers markets. Even the Meyer lemons that are everywhere in San Francisco, the home of Flour + Water restaurant, are not available in the rest of the country. I could not make many of these recipes in my East Coast home town and I can make none of them in the country where I currently live. These caveats aside, if you aspire to the heights of modern pasta preparation, I think you probably should have this book on your shelf. Mr. McNaughton presents detailed instructions for making a wide range of plain and flavored pastas and then uses these pastas in interesting ways that are thoroughly modern (perhaps sometimes pretentiously modern) but rooted in traditional Italian cooking. Many of these recipes and techniques I had not seen before. Be aware, though, some of the recipes are over the top even for the most adventurous home cook. The text of the book is interesting and nicely balances the recipes. The photos are beautiful and instructive. I received an electronic review copy of "Flour and Water: Pasta" by Thomas McNaughton (Ten Speed Press) through NetGalley.com.

FLOUR + WATER PASTA by Thomas McNaughton -- is in one word stunning. The pastas, the instruction, the step by step photographs...the overall feel of the book - stunning. The book starts out with Part One --- How to Make Pasta Dough and How to Cook the Pasta, Part Two The Recipes which are broken down by season. I have three pages of notes of recipes that I want to try -

truthfully all the recipes are going to be attempted by me. I have been on a real Italian kick lately - not the tomato, cheese and pasta Italian dishes that all the American Italian restaurants provide - but the more rustic true Italian dishes that you find in Extra Virgin by Gabriele Corcas and Debi Mazar or in this wonderful book. With this book - I know I can make show stopping pasta dishes - or least that is my goal soon. Some of the recipes include -- tomato farfalle with chicken polpettine with roasted peppers and basil, black pepper tagliatelle with mussels, lardo and corn, ricotta and tomato tortelletti in brodo, corn and crescenza cappelliti with bitter honey, pumpkin tortelloni with sage and pumpkin seeds, celery root tortelli with brown butter balsamico and walnuts (this photo WOW), pici with vin santo-braised squab pancetta and cabbage, toasted faro gorganelli with short ribs, hazelnuts and radicchio, tagliarini with braised hen, lime and pistachio, oxtail and rosemary lasagna with spigarello and fresh horseradish, corzetti with sausage clams and fennel, whole wheat campanelle with anise braised pork and chard...goat's milk ricotta, stradette with leeks and fava beans, lemon farfalle with spring pea ragu, gorganelli with prosciutto and peas (another WOW photo). I was really blown away by this book. Yesterday evening I made the egg dough pasta and the sauce on page 52 from tomatoes from my garden and it was so easy and so delicious! We've started a group to cook through this book on Facebook -- Flour + Water Pasta Cooking Group - join us. Blogging for Books provided this book to me for review. All opinions are my own.

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