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## Rolling in dough 「麵麵」俱佳

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Spaghetti  
意大利粉



Penne  
長通粉



Fettuccine  
意大利寬條麵

## Rolling in dough 「麵麵」俱佳

Perfect pasta made easy  
輕鬆製作完美麵條

By Kate Whitehead

Fresh pasta is significantly more flavoursome than the dried variety, but making it has traditionally involved a great deal of elbow grease. In 14th-century Italy, pasta was an indicator of class, with only the affluent able to enjoy fresh pasta. In 1740, the city of Venice granted a license to Paolo Adami to open the country's first pasta factory, ingraining the food well and truly in the Italian culinary consciousness.

The pasta making process has changed very little throughout the ages; once you've mixed the dough by hand, you must knead it well to remove air bubbles, and then there's the tricky process of flattening before slicing or putting

it through a hand-cranked pasta machine.

Today, a handy gadget removes the hard grind and makes fresh pasta in a fraction of the time, some in as little as 15 minutes. The process is simple: just pour flour and water into the mixing chamber at the top of the machine, select your programme and serving size, and within minutes your pasta will be done.

Many models come with shaping dishes – you can choose to make spaghetti, fettuccine, penne, lasagne or dumpling sheets. You can also experiment by including ingredients such as eggs, herbs

or spinach to make different flavours of pasta and noodles.

Cleaning machines such as these is the less glamorous side of the process. Some pasta machines have tried to get around this by designing a smart cleaning tool that matches the shaping discs and promises to simplify the task.

新鮮麵條遠比乾麵條美味可口，而且更有風味，但是用人手製麵的傳統方式卻很費時費勁。在14世紀的意大利，麵食是身份的象徵，只有富裕的人士才有能力享用新鮮麵條。在1740年，威尼斯市發牌給Paolo Adami開設國內第一間製造麵條的廠房，讓這款食品得以成為意大利菜中最歷史悠久和不可或缺的美食。

多個世紀以來，製作麵條的步驟都沒有大改變。用手搓好麵糰後，一定要徹底揉壓弄走氣泡；然後壓平麵糰也很考功夫；到了最後，要用人手或使用手動麵條機切成條狀。

今時今日，一部輕巧的麵條機可以為你減掉很多苦差，而且省時，只消15分鐘便可做出麵條，過程也十分簡單：將麵粉和水倒進機內的混合箱，揀選程式和食用份量，然後坐享其成。

有些麵條機附有塑形模塊，讓你隨意做出意大利粉、寬條麵、長通粉、千層麵及雲吞皮等。你更可加入雞蛋、香草或菠菜等材料，製作不同味道的麵條。

清洗麵條機往往令人頭痛不已，為了解決這問題，一些麵條機特別附有靈巧易用、能配合塑形模塊形狀的清洗工具，徹底簡化清洗程序。