

HIGH-PROTEIN FRESH PASTA

HIGH-PROTEIN AND SOURCE OF FIBRE



INGREDIENTS

- 1000 g high-protein durum blend
- 500-530 g water



PREPARATION

- Place the flour blend in a mixing bowl.
- Add the required amount of water and combine with a fork until the dough starts to form.
- Knead by hand for several minutes until a smooth and uniform dough is obtained.
- Cover the dough with plastic wrap and let it rest for 30–45 min at room temperature.
- Roll out the dough using a pasta machine, beginning at the widest setting and reducing the thickness step by step.
- Cut into tagliatelle or fettuccine strands.
- Allow the pasta to dry for about 1 hour (25–30 °C).
- Cook in boiling water for approximately 8–9 min.



IN THIS RECIPE

High-protein durum blend



BENEFITS

- High-protein pasta formulation: supports enriched pasta concepts with improved nutritional value.
- Stable texture and firm bite: Produces elastic, robust noodles with reliable cooking performance.
- Uniform sheet formation: Ensures consistent rolling results and controlled thickness for long-cut pasta applications.
- Reduced stickiness through functional durum wheat flour: Enhances dough stability and simplifies handling — advantageous for thin pasta formats requiring structural integrity.



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