



Makaruni Pasta with Morel Mushroom Sauce

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 pounds cremini mushrooms sliced
- ☐ 5 large egg yolks
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 2.3 cups less-sodium chicken broth fat-free
- ☐ 9 ounces flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh finely chopped
- ☐ 2 garlic cloves minced

- ☐ 1 teaspoon kosher salt
- ☐ 2 ounces morel mushrooms dried
- ☐ 1.5 teaspoons olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 1 ounce parmigiano-reggiano cheese fresh grated
- ☐ 1 Dash salt
- ☐ 0.3 cup no-salt-added tomato paste
- ☐ 1 tablespoon truffle oil
- ☐ 6 quarts water
- ☐ 6 tablespoons water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ measuring cup
- ☐ dutch oven
- ☐ colander

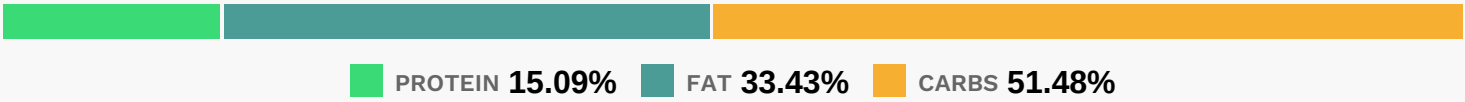
Directions

- ☐ To prepare pasta, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and dash of salt in a food processor.
- ☐ Combine 6 tablespoons water, 1 1/2 tablespoons extravirgin olive oil, and egg yolks in a bowl, stirring well with a whisk. With processor on, slowly pour water mixture through food chute,

processing just until dough forms a ball. Turn dough out onto a lightly floured surface; knead lightly 5 times. Shape dough into a disk. Dust dough lightly with flour; wrap in plastic wrap.

- ☐ Let stand 30 minutes.
- ☐ Pat dough into a 3 x 8 inch rectangle 1-inch thick. Divide dough into 8 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), divide dough into 14 equal pieces.
- ☐ Roll each piece between your palms back and forth, into a strand about 2 inches long.
- ☐ Place strands on a well-floured jelly-roll pan. Repeat procedure with remaining dough portions to form 112 strands.
- ☐ Bring 6 quarts water to a boil in a large Dutch oven.
- ☐ Place pasta in a sieve, and shake off excess flour.
- ☐ Add pasta to pan. Cook for 1 1/2 minutes or until done; drain.
- ☐ To prepare sauce, bring broth to a boil in a medium saucepan.
- ☐ Add morel mushrooms to pan.
- ☐ Remove from heat. Cover and let stand 40 minutes.
- ☐ Drain morel mushrooms through a colander over a bowl, reserving morel mushrooms and liquid. Halve morel mushrooms lengthwise; set aside.
- ☐ Heat 1 1/2 teaspoons olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion to pan, and saut for 3 minutes, stirring frequently. Clear a spot in bottom of pan.
- ☐ Add garlic to clear spot in pan, and saute for 30 seconds.
- ☐ Add salt, thyme, and pepper; saut 30 seconds, stirring frequently.
- ☐ Add reserved morel mushrooms and cremini mushrooms to pan. Cover, reduce heat, and cook for 4 minutes. Uncover, increase heat to medium-high, and cook 2 minutes or until liquid almost evaporates, stirring frequently. Clear a spot in bottom of pan.
- ☐ Add tomato paste to clear spot; cook 1 minute. Stir tomato paste into mushroom mixture.
- ☐ Stir in 1 cup reserved mushroom liquid. Cook for 8 minutes or until very thick, stirring occasionally. Stir in remaining mushroom liquid; cook for 4 minutes or until slightly thick, stirring occasionally.
- ☐ Add pasta and parsley to sauce mixture; toss well. Stir in truffle oil.
- ☐ Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:86.25, Glycemic Load:37.53, Inflammation Score:-9, Nutrition Score:36.740434646606%

Flavonoids

Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 499.94kcal (25%), Fat: 18.97g (29.18%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 65.74g (21.91%), Net Carbohydrates: 60.95g (22.16%), Sugar: 7.27g (8.08%), Cholesterol: 234.32mg (78.11%), Sodium: 1456.28mg (63.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.27g (38.54%), Selenium: 83.76µg (119.66%), Vitamin B2: 1.38mg (81.46%), Copper: 1.4mg (69.84%), Vitamin B3: 11.89mg (59.47%), Folate: 206.47µg (51.62%), Vitamin B1: 0.75mg (50.33%), Manganese: 0.97mg (48.34%), Phosphorus: 476.71mg (47.67%), Vitamin K: 41.89µg (39.9%), Iron: 7.17mg (39.81%), Vitamin B5: 3.81mg (38.11%), Potassium: 1207.71mg (34.51%), Zinc: 3.69mg (24.61%), Calcium: 232.17mg (23.22%), Vitamin B6: 0.44mg (22.06%), Fiber: 4.79g (19.17%), Vitamin E: 2.83mg (18.84%), Vitamin A: 829.79IU (16.6%), Magnesium: 66.21mg (16.55%), Vitamin B12: 0.92µg (15.41%), Vitamin D: 2.08µg (13.84%), Vitamin C: 11.28mg (13.67%)