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Episode #: 2.  
Guest name: Chiara Sulli.   
Film date: Aug. 4, 2024.  
Location: Chiara’s home in Rome, Italy.  
Name of recipe: Ravioli and fettucine from scratch.  
Where did we meet? I went to Ireland and Rome for my 50th birthday. I had been to Rome 4 times between 2008-2012 and wanted to return. I had seen most of the sites, so my goal for the week was to film as many episodes of “Cooking With Strangers” as possible. I was concerned that people in grocery stores and sidewalks would say no to my idea. So, I wanted to make sure I at least got a few episodes, so I looked for people who taught visitors how to cook Italian cuisine and that is how I found Chiara.

Cookware Needed

Electric

Stand mixer with dough hook attachment. (Mix dough.)

Pasta machine. (Flatten dough.)

Specialty Items

Ravioli maker / mold tray. (Form and cut ravioli.)

Slicer to cut zucchini. (Or use another sharp object.)

Stove  
Sauté pan with lid. (Cook sauce.)

Frying pan. (Cook al burro sauce.)

Large pot. (Cook pasta.)

Utensils

Measuring cup or scale. (Flour.)

2 spoons. (Put filling in ravioli. Mix filling.)

Teaspoon.

Tablespoon.

Skimmer / strainer spoon. (Lift ravioli from pot.)

Wooden fork / spoon. (Stir pasta in pan.)

Small knife. (Cut tomatoes.)

Large knife. (Cut dough into fettucine.)

Small rolling pin. (Flatten ravioli in tray.)

Large rolling pin. (Flatten dough if you don’t have pasta machine.)

Cutting wheel. (If you don’t have ravioli mold tray.)

Optional: Bench scraper. (Cut dough.)  
Grater. (Lemon zest.)

Dishware

Plate. (Prep zucchini flowers.)

Tray / plate. (To put ravioli before cooking.)  
Bowl. (Mix filling.)

Bowl. (Cover dough.)

2 serving dishes/bowls and spoons. (Ravioli, fettucine.)

If you don’t have a ravioli maker / mold tray and pasta machine:  
Large rolling pin.

Cutting wheel.

Fork.

**Ravioli**

Dough Ingredients

3 eggs.

For each egg, use 80 grams of all-purpose flour and 20 grams of durum wheat semolina flour. So, 240 grams (1 ½ cup) of all-purpose and 60 grams (1/2 cup) of durum wheat semolina flour.

Chiara said you can use just all-purpose flour, or just durum wheat semolina (The dough will be tougher.), but she used:  
Consilia Farina Di Grano Tenero Tipo "00" Bio.  
De Cecco Re-Milled Durum Wheat Semolina (Semola). (If you only use this, you can use water instead of eggs.)

A bag of flour and a bag of flour

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Directions  
Put the flour mixture on a wood, marble, or other surface.

Use your fingers to pull flour from the center to the edges like a fountain/volcano.

Break 3 eggs in center. Swirl a fork to beat the egg whites and yolks together like an omelet.

Slowly drag in some flour from the edges and mix with fork. (If you use only durum wheat semolina flour, use water not eggs.)   
She uses a utensil called tarocco (In English, a bench scraper.) to collect all of the remaining dough off the surface.

Chiara felt the dough was too dry with the hot, dry Rome summer weather and smaller-sized eggs, so she added about 1 teaspoon of extra virgin olive oil and cracked another egg, used a fork to beat it, and put ½ in the dough. Then, she put a bit of water on her hands and fingers and kneaded the dough.

She put it in the stand mixer on setting 2 for 1 minute and added about a teaspoon of the egg mixture and 2 teaspoons of water. She said she judges by her eyes to know when it is finished. After a minute, she turned up the speed to level 4 for 15 seconds and said the mixer wasn’t working the way it should, so she stopped it and tried to press the dough into the dough hook attachment more and turned it on level 4 for 20 seconds more before removing it. The dough was in the stand mixer about 2 minutes total.

She put a bit of flour on the wood board and kneaded for 1 minute. If you don’t have a stand mixer, knead with your hands for at least 10 minutes using the palm of your hand to push the dough out, rotate, and repeat.

A person kneading dough on a table

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Let it rest by covering it with a bowl or in saran wrap for at least 15 minutes. She prefers to prepare the dough on marble because the wood takes away the humidity.

After 15 minutes, she said to work the dough a little more by sprinkling only semolina flour on the table because that will make it smooth. She kneaded the dough for another minute and covered it with the bowl for 5 minutes.

For filming this episode, it was 35 minutes in between Chiara removing the dough from the stand mixer and when she cut the dough ball in 4 pieces. She gave a short demonstration on how to use a rolling pin to flatten the dough if you don’t have the pasta machine. It must be very thin.

Using the pasta machine, always start at zero with the biggest gap between the two rolling pins and put through 2-3 times for each setting from 1 until 6 or 7.

Sprinkle a lot of durum wheat semolina flour in the ravioli mold set so the pasta doesn’t stick.

Lay the stretched-out pasta towards the end of the ravioli tray far enough that you will be able to fold it back over as the top layer.   
Use your fingertip to gently push down into each hole in the tray.

Put a piece of parsley on bottom of each section because that will end up being the top of the ravioli and you are supposed to see the green parsley through the top.

Use 1 spoon to scoop the filling out of the bowl, and another spoon to gently rest it in the base. Like putting a child to bed after a long day at the playground.

A person making ravioli with a pasta maker

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If you have the ravioli tray, after you place the filling, fold the top layer of pasta on top (It is okay if there are air pockets.)

Press down on the edge of the tray and middle sections to seal each one.

Use a small metal rolling pin to push down over the entire tray.

Put flour on a tray/plate where you will place each raviolo by itself. (Raviolo = 1, ravioli = more than 1.)

Peel off the excess pasta from the tray and flip the ravioli on the tray/plate.

Rule in Italy: nothing is ever wasted, so reuse the peeled off pasta to form other shapes of pasta like fettucine or maltagliati (Badly-cut.).

If you do not have a pasta mold set, use water with your finger or brush around the outer edge on the bottom piece of pasta and then use your fingers and a fork to push the top piece down to help the 2 sides of pasta stick together as you make a square for each ravioli. Lastly, she used a cutting wheel to separate each piece.

She does not suggest putting the dough in the refrigerator or freezer, but you can freeze the finished ravioli (Without cooking first.) for future use by putting them on a tray in your freezer and once frozen, place in a Ziploc/container, but it’s best to eat fresh.

For excess pasta dough, cut it up into a variety of sizes based on what you like and put in the boiling water. It will cook fast (3 minutes.) compared to the ravioli which takes 5-7 minutes. Once plated, add butter and Parmesan.

**Fettucine**

Sprinkle semolina flour on the counter surface / wood board.

With the excess dough, lay out about 1 foot long.

Sprinkle semolina flour on top.

Roll from one end to the other.   
Cut in 1-inch pieces that once unfolded will be 6-12 inches long.

A person making pasta on a table

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**Sauce**

Ingredients

20 Datterini / grape tomatoes, or the tomato of your choice.  
2 cloves of garlic.

1 red hot chili pepper.

1-2 zucchini sliced thin.

6-8 zucchini flowers.  
Extra virgin olive oil. Some will go in pan for sauce, some will be decoration.   
Basil to sprinkle on top. (Always break with your fingers. If you must use a knife, use ceramic not metal.)

Parsley to sprinkle on top.

Tablespoon of butter.

Directions  
All sauces start in a pan with garlic clove (Chiara used 2.), 1 red hot chili pepper, and enough extra virgin olive oil to cover the base of the pan. Italians only used “extra virgin” and never regular olive oil. They use one type of extra virgin to cook and a “super good” oil as salad dressing or to use with “pane e olio” which is bread and extra virgin olive oil (Chiara: “Our favorite snack.”).  
  
Datterini tomatoes (Sweet taste.). If those aren’t available, use grape, she doesn’t like cherry tomatoes because they are bitter, like Tom.   
Amount: Chiara does it with her eyes.

Cut approximately 20 tomatoes in thirds. You don’t want big chunks of tomatoes for the ravioli sauce.

Turn stove on medium high so the garlic releases the essential oil into the pan.

A pan with oil on top of a stove

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Once the garlic starts to have the oil bubbling around it, put tomatoes in pan, turn the heat down to medium, and put a lid on for a few minutes. She stirred them by flipping the pan back and forth, but that is dangerous for someone like me, so maybe use a spoon or wooden fork like Chiara also used. She added about a teaspoon of salt, mixed, and put the lid on. During filming, she had the tomatoes on heat for 8 minutes until we added the zucchini flowers and then kept it on for another 7 minutes, so 15 minutes total. The oil should bubble, but don’t turn it too high.

She prepared the zucchini flower by removing the center (stamen) inside, the parts sticking out from around the base of the flower and then broke off the base of the flower so only remaining was the soft flower, nothing hard, and pulled apart the base of the flower to separate them.

A close-up of a flower

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The flower isn’t essential to this recipe, and she used it more to add color to the overall dish.

She also cut zucchini in about 1–2-inch pieces and used a slicer to thinly slice them.

A cucumber slices on a grill

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She said we will put the ravioli in boiling water, then the zucchini which will cook faster because they are sliced thin.

She went back to the pan and the tomatoes were bubbling so she gently mixed in the zucchini flowers and put the lid on for 2-3 minutes and turned the heat off and kept the lid on. Once the heat is off, you can add some basil by breaking it up with your fingers.

She broke up parsley and said it can be complicated if it’s not thin.

Lastly, she put a tablespoon of butter in the pan to make it creamier.

A person cooking food in a pan

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**Filling**

3 tablespoons of Ricotta cheese.

1 ½ tablespoons of grated Parmigiano Reggiano cheese (Parmesan).

Lemon zest of ½ lemon. (Preferably a lemon that doesn’t have wax. You can remove wax by soaking in hot water.)

1 tablespoon of extra virgin olive oil.

1 teaspoon of white pepper.

Pinch of salt.  
Mix all with a spoon. You will need two spoons to put the filling in the ravioli.

Chiara said the base of ravioli filling is almost always Ricotta, but other options are to boil a potato and sauté with garlic, or Ricotta with fish that you sauté, or spinach that you cook and squeeze out all of the water, cut with a knife (not in mixer), Parmigiano, and nutmeg.

Cookware needed  
Bowl. (To mix.)

Spoon. (To mix.)

Grater. (Lemon zest.)

**When the pasta/ravioli is ready to be cooked**

Heat up the tomatoes because as soon as the ravioli is done cooking, use a skimmer spoon (With holes so the water mostly falls out when lifting the ravioli.) and place it in the tomato and zucchini pan to mix all together.

Boil 3 liters / 12 cups of water in pot. (Chiara said copper pots are best.)

100 grams (1 cup) of pasta needs 1 liter (4 cups) of water and 2 teaspoons of course salt.

First, she put in the ravioli she made without the mold tray since they were bigger, and she didn’t want to mix with the ravioli from the mold. She took these out of the boiling water after 2 minutes and put extra virgin olive oil and Parmesan on top.

Then, she put in the smaller ravioli she made with the cutting tray/mold.

She also put in a few slices of zucchini.

Every 1-2 minutes, delicately stir the ravioli.  
She took these out after 6 minutes and put in the tomato/zucchini pan to reheat the sauce and mix it all together, not cook the ravioli more. She also added about ¼ cup of the pasta water.

After 2 minutes, she flipped the ingredients, but it is dangerous so it’s best to use a spoon or wooden fork.

After 3 minutes, she removed it from the heat and added about 2 tablespoons of Parmesan on top, and once plated, she put burrata cheese around the edge.

In the pan, she put a spoonful of butter, but it’s not mandatory. Generally, she only uses extra virgin olive oil, but Italian restaurants add butter to make it creamier.

In the pot, she put the remaining oddly shaped (Maltagliati) pasta we cut, like fettucine, for 5 minutes.

The pasta releases starch in the pot and Chiara dipped a ladle in twice and dropped it in another pan with a spoonful of butter to finish like risotto and make pasta al burro (With butter.). (They call the pasta water “The king’s tear.”) She kept the pan on low heat as she added a little more pasta water from the pot and a tablespoon of butter and cooked until it became creamier. She did a taste test, and it was okay so she turned the heat off and added Parmesan.

She suggests saving the pasta water if you need to reheat the pasta tomorrow. If she doesn’t need to save it, she uses the pasta water to clean the saucepan.

**Fettucine**

Ingredients

Pasta.

Butter.

Parmesan / Parmigiano Reggiano.

Al Burro Sauce (For fettucine.)  
1 tablespoon of butter.

½ cup of pasta water.

Marcato pasta machine (Manual) ($120): [Here](https://www.amazon.com/MARCATO-MC002057-150-Pasta-device/dp/B0009U5OSO/ref=sr_1_2?dib=eyJ2IjoiMSJ9.9fnSCeMAK6syTyJaSKGeeuKVRzyXFfvTqpwVBZgWPaJKxopWryKAy72j0jnI9eI3eX_-trOxuIbQeHnhHF4G_MtS8KAcIUJrd9iRW9esbzEtqwa5PCik4m29HScYan8q-Y17ucGiSocb0F9h52EnKWWcbYQCQoNZ7dTr2uQScKgo-RdSTbdhMZq6pow-ihi_iXyCkdnM5JmU4DvAtuivZDEZTzX7ou_K-TS2tCb1FKFvHpGY0FzDbMivC5PCUmff0bCtXiV0Tt5S-H7dlo_w6Lrjr1KokGEuiXkDabuMOUIHNQY4AbWY87fYudDfY_qamlnt0Nj0QPcIm-nYCmOGW3_HCc6jPOvUttv2l7n8oNI.O4ABvfbXvZnFOqY-gxsE9uYdUnVhsV99jGBad8aQUFQ&dib_tag=se&hvadid=581384506942&hvdev=c&hvlocphy=9030971&hvnetw=g&hvqmt=e&hvrand=14578099012575065952&hvtargid=kwd-297456240170&hydadcr=28577_10704731&keywords=atlas+150+wellness+pasta+machine&qid=1734064769&s=home-garden&sr=1-2).

Marcato pasta machine (Electric) ($249): [Here](https://www.amazon.com/MARCATO-Atlasmotor-handcrank-Pastadrive-instruction/dp/B07MX5G2ZW/ref=sr_1_5?crid=2JMP0YWAJCNJZ&dib=eyJ2IjoiMSJ9.RkyyhUyTtG5ZWKPn_nmWVZz2tPR2H1tlW41UdNJLTpo2JbjY-UKmL17VI0JtkDe_VuAk6BX43aK9NkOmzp8K52ri0oTSz9tWoKB5gzNoUsMlznrPeUjLCgsAQDTnjQYSF1FAsZrDTMxkgHtJV61PGV5dirBDLW2BN9-P3JXoA9W5SWktyfHJ5WYf5JKDMJStGmOJWHRppIvNzW6WULeLU5gNpYPrk9S9zhdftL35W1MBxex-WIFILWnE4yD14nqItWFaKHhiTmlalSo1KAu1HVWMKfm1L3B4DtuuDU06j59I1PHlsQHOqm0218TXhJyqjExunMk_8MmtPZEMT2ETrl5EbqXzQc18syYf254MUQ8.KAfuH2Q0cz9UX3uxBZVIRDl_trU_V8eb1tNbAW9VL_Y&dib_tag=se&keywords=atlas%2B150%2Bwellness%2Bpasta%2Bmachine%2Belectric&qid=1736279520&s=home-garden&sprefix=atlas%2B150%2Bwellness%2Bpasta%2Bmachine%2Belectri%2Cgarden%2C204&sr=1-5&th=1).

More about Chiara Sulli and the charity she is involved in:

<https://www.contexttravel.com/guides/chiara-c701b22f29c6>

<https://sites.google.com/view/chiarasulli/about-me>

<https://www.instagram.com/life_and_cooking_with_chiara>

L’Associazione Amici delle Missionarie dell’Immacolata

<http://www.amicidellemissionarie.org>

<https://www.associazionevimala.org/en/the-association/>

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