

# HOMEMADE NOODLES

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These homemade vegan noodles are similar to the shop-bought yellow wheat flour noodles. This is an easy recipe that yields delicious noodles to go with soup, eaten boiled with toppings or for stir-fried dishes. You can also make these noodles gluten-free by switching the flour to chickpea flour but I would recommend adding a little splash of olive oil into the dough also if you do that. Making your own noodles or pasta is awesome and it gives such a sense of achievement in the kitchen.



**Total Time: 1h 18min**



**Prep: 15min**



**Makes: 2 servings**

## Ingredients

### Plain Yellow Wheat Flour Noodles:

- 320 g all-purpose flour
- 200 ml [200 ml] warm water [3/4 cup + 1 tablespoon]
- 2 teaspoons baked baking soda\*
- A pinch of tapioca or potato starch

### Sweet Potato Wheat Flour Noodles:

- 320 g all-purpose flour [2 cups]
- 120 g cooked sweet potato [1/2 cup]
- 120 ml warm water [1/2 cup]
- 2 teaspoons baked baking soda\*
- A pinch of tapioca or potato starch

## Method

### For the noodles:

1. Mix the baked baking soda with the warm water until completely dissolved.
2. In a large mixing bowl, add the flour and sweet potato (if using). Pour in the water mixture. Mix with a wooden spoon first and try to form a dough. Once all liquid is absorbed into the flour, go in with your hand and start kneading into the bowl until a smooth dough is obtained.
3. Then continue kneading the dough on a lightly floured surface for about 5 minutes. Roll the dough out, fold and roll out again. Do this two to three times. This is quite a resistant dough so you will need a little bit of strength to roll this. Then fold into a rectangle and place in a reusable plastic bag or wrap in cling film or simply place in a closed container.
4. Allow the dough to rest for one hour at room temperature.
5. After the dough has rested, take it out of the bag and cut into two equal parts.

### To make noodles by hand:

1. Roll the dough out flat, using a rolling pin, to a large rectangle of about 1 mm thick. The dough is quite springy and will tend to retract. So, you will need to use a little bit of strength like before to roll it out thin enough. Dust the flattened dough with a little tapioca or potato starch. This will prevent the layers from sticking and will make it easier to unroll the noodles afterwards.
2. Then roll the dough onto itself a few times to create a flat log. Cut thin strips of about 1-2 mm depending on how thick you like your noodles. Sprinkle with a little tapioca or potato starch. Mix and fluff the noodles to evenly distribute the starch. This will prevent the noodles from sticking.

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## To make noodles using the pasta machine:

1. Pass the dough a few times in the roller section of the pasta machine. Fold and pass through the machine again. Adjust the thickness to your liking. We set the thickness to 6.
2. Then pass the dough through the cutter to form the noodles. Sprinkle with some tapioca or potato starch and fluff the noodles to evenly coat the starch onto the noodles.

## To cook the noodles:

1. These noodles are fresh and only require 2 to 3 minutes (or even less depending on how thin you have made them) to cook. To cook, bring about a large pot with water to a boil. Drop in the noodles. Stir lightly to avoid them from sticking.
2. Once cooked, remove from the hot water and plunge in some cold water to firm up the noodles. You may then reheat them by immersing them in some hot water again before serving.

## Top Tips:

- If you are using these noodles in a soup, you may slightly under-cook them and transfer directly from the boiling water into the soup. They will continue to cook a little.
- If you are using these noodles for fried noodle dishes, only half-cook them, rinse them in cold water and then stir fry them with the vegetables as per the recipe. The juices released by the vegetables and sauces will be enough to cook them further.
- These noodles can be kept for longer in the freezer. Just divide them into portions in reusable plastic bags and freeze until needed. Then cook (as above) directly from frozen, no need to defrost. Alternatively, you can blanch the fresh noodles for 30 seconds, rinse then in cold water, add a little oil and coat them evenly. Then place in plastic bags and keep in the fridge for one day. These will then be ready for stir-frying.

## Equipment needed:

Baking tray, oven, [mixing bowl](#), [rolling pin/pasta machine](#), [saucepan for cooking](#), [wooden spoon](#)