Basic Egg Noodles

This simple recipe uses the weight of the eggs in their shells to determine the amount of flour required (double the weight of the eggs) and half a teaspoon of bicarbonate of soda to every egg. You can work out how much you will make by first weighing your eggs, then adding double the amount of flour.

**Ingredients:**
- 1 tsp bicarb soda
- 1½ tsp salt
- Plain wheat flour (double the weight of the eggs in their shell)
- 2 eggs in their shells
- Cornflour, for dusting

**Equipment:**
- Measuring scales
- Sifter
- Large bowl
- Pasta machine with noodle cutter attachment
- Clean tea towels

**What to do:**
1. Weigh the eggs to determine how much flour to use.
2. Measure out twice as much flour as the weight of the eggs.
3. For every egg add a ½ tsp of bicarb soda.
4. Sift the bicarb, salt and flour into a large bowl.
5. Break the eggs into the flour, ensuring all the egg white has been scooped from the shells.
6. Knead until the dough is smooth. (It will feel drier than pasta dough.)

**To make the noodles:**
1. Divide the dough into four balls.
2. Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with clean tea towels.
3. Shape the dough into a round ball and press it down on the board to flatten it.
4. Fold in both sides, in rough thirds, to make a rectangle about 8 cm wide with folded sides.
5. The dough can be quite dry at first, but keep working it.
6. Set the rollers on the pasta machine to the widest setting and pass the folded dough through. Keep it aligned so that the folds run vertically up the rectangle as you pass it through.
7. Do this 3–4 times, folding long sides into the centre each time. (This process is called laminating.)
Heat a little oil in the wok and, when the wok is smoking hot, add the egg mixture. Cook until just firm, turning the wok so the egg forms a flat omelette, then flip and cook the other side. Remove and cut into strips.

- Chop up the mint or basil, and the spring onions. Grate the carrots.
- Make the dressing by mixing together the dressing ingredients in a small bowl with a fork.
- Mix the sprouts and beans into the noodles. Divide between serving bowls and pour a little of the dressing over each. Top with the sliced egg and sprinkle over herbs and spring onions.