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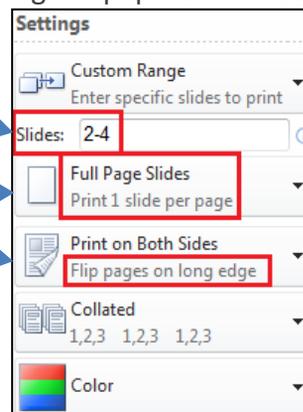
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## Printing Instructions; for the:

- **Recipe card**, print on cardstock using the double side print option. Pages 2 & 3 are designed to line up back and front when printed. The recipe card measures 3"x5".
- **Jar labels**, print on sticker back paper, cut to size.
- **Printer Settings:**

Here are my printer settings: Yours may be a little different depending on your printer, but the "options" should be similar. Practice on regular paper before cardstock to make sure its lines up properly.

- Print beginning on page 2
- Print 1 slide per page
- Print both sides, flipping pages on the long side



The cards are formatted and aligned to print properly on the back and front.

## Card A: Front

### Butternut Squash & Spinach Ravioli

**Prep Time:** 20 minutes    **Skill Level:** medium  
**Total Time:** 60 -90 minutes    **Yield:** 6 – 8 servings



#### Filling Ingredients:

- 1 tsp of sea salt or Himalayan pink salt
- 1 tsp black pepper
- 2 pound butternut squash cut into 1" squares
- 3 – 4 tbsp melted ghee (butter, olive oil or lard)

#### Additional Filling Ingredients:

- 2 cups finely chopped fresh spinach (or kale)
- ½ tsp nutmeg
- ¼ tsp cinnamon
- 4 oz chopped cream cheese or mascarpone
- ¼ cup pecorino romano or parmesan cheese

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## Card B: Front

### Building the Ravioli

Make sure your machine and work surface have enough flour to keep the dough from sticking



Once you have a long stretch of dough it's time to start building the ravioli:

1. Spoon about 1 tbsp. of the butternut squash & spinach mix onto the pasta using a cookie scoop
2. To help the dough "stick", brush egg wash (water, milk, or cream) directly on the dough. Brush in both horizontal and vertical directions.
3. Lay the second dough on top of the dough you just prepared. Cup your hands around each dollop of mix; pushing out the air, flatten and press the dough.
4. Cut each one into a ravioli shape. Cut into squares or use a glass or cookie cutter for a circle.
5. Place on floured surface while you finish making the rest of the ravioli.
6. Use left over dough and make spaghetti or fettuccine.

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## Back to Card A

### **Roasting Instructions:**

1. Preheat oven to 400o.
2. Mix cubed butternut squash, salt, black pepper and ghee into a baking dish.
3. Back butternut squash for 30-45 minutes until fork tender.
4. Toss ½ through the baking process.

### **While the squash is roasting:**

1. In a medium sized bowl, add chopped spinach, nutmeg, cinnamon, and pecorino romano cheese.
2. Mix well.

### **After the squash is done roasting:**

1. Mash the squash (like you would for mashed potatoes).
2. Toss in the spinach mixture and mix well.
3. Set aside for a few minutes while you set up the pasta machine and work surface.
4. Add cream cheese and mix well.

## Back to Card B

### **Cooking the Ravioli**

1. Bring a large stock pot of water with 1/2 tbsp salt to a boil.
2. Once the water is a roaring boil, drop 6-8 ravioli into the pot (at the same time for even cooking). I use a small strainer.
3. The pasta takes about 3 – 5 minutes to cook and will float to the top when its ready.
4. Cook in small batches so the ravioli doesn't stick.
5. Remove and drain.
6. Promptly serve with your favorite sauce or topping.  
Serving size is 4 – 6 raviolis per person

### **Several Other Recipe Suggestions:**

- Just add butter and parmesan (mozzarella or pecorino romano)
- Use pesto instead of marinara sauce
- Make homemade fettuccine sauce
- Add to a soup
- Flash freeze, then store in the freezer for another meal

## Card C: Front

### Topping Ingredients:

- 1 cup chopped, roasted chicken (leftovers are perfect)
- ¼ medium onion, chopped
- 1/3 cup dehydrated or 1 cup fresh mushrooms
- ½ cup milk (raw, whole, buttermilk: whatever you have)
- ½ cup pecorino romano, parmesan or mozzarella (whatever you have)

### Instructions:

In a hot skillet:

1. add all topping ingredients and simmer until the consistency of fettuccine sauce.
2. Ladle over the cooked ravioli.
3. Serve hot.

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## Card D: Front

### Homemade Pasta

**Prep Time:** 5 minutes

**Total Time:** 30 minutes

**Skill Level:** easy

**Yield:** ~ 1 egg + 1 cup flour - per person

*Recipe can be doubled or tripled*

### Ingredients:

- ¾ – 1 cup Organic, unbromated, unbleached white flour (use whole wheat flour 1:1)
- 1 extra-large organic farm egg, washed
- ½ tsp kosher or pink Himalayan salt



*3 eggs + 3 cups of flour  
makes enough pasta  
for 4-6 people*

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## Back to Card C – intentionally left blank

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## Back to Card D

### **Instructions:**

1. Pour salt and flour directly onto a clean, dry counter top.
2. Form a mound and create a “crater” in the center of the flour mound.
3. This will create a “hole” for the eggs.
4. Gently whisk the cracked eggs and pour into the crater.
5. With your fingers moving in a circular motion, stir the eggs carefully picking up the flour from the outside edge of the crater to slowly bringing the eggs and flour together. Try not to break through the wall of the mound
6. When you have incorporated about  $\frac{1}{2}$  the flour mound, begin kneading the dough. *If dough is still sticky, after all the flour is kneaded; add  $\frac{1}{2}$ -1 TBSP flour at a time until the dough forms a ball.*
7. Test your dough by gently pressing your finger into the top of the ball. It should bounce back and as my mom always said “your dough should be as soft as a baby’s bottom”.
8. *Note: If the dough is too dry/tough, you can add  $\frac{1}{2}$  tsp water at a time to loosen it up. If the dough can’t be saved, don’t give up. Toss it and try again. Remember humidity can cause problems.*

## Card E: Front

### Instructions:

1. Cut the ball of pasta dough into quarters (if you have tripled the recipe, you may need to cut into 1/8). Flatten each piece so that it will easily go through the pasta machine.
  - A. Set the pasta machine at the highest setting (with the largest opening).
  - B. Flour the rolling section of the machine and sprinkle each section of dough with flour before rolling through the machine.
  - C. Insert pasta and roll through the machine in one consistent motion.
  - D. Set aside the dough that just went through the machine, on a floured surface. *If I am making a lot of pasta, I will cover my dining room table with a clean flat sheet and dust it with flour. It makes for easy cleanup.*
  - E. Repeat until all pieces have been rolled.
  - F. Change the pasta machine to the setting that is 2 numbers away from the one you just used. (i.e. My largest setting is 1. I roll my dough four times at settings 1,3,5 and 7) Each pasta machine is a little different, so test your settings to find the perfect setting for your pasta.

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## Card F: Front

- N. You can either cook the pasta. Cooking homemade pasta doesn't take as long as cooking store-bought pasta.
- O. or flash freeze the noodles and store in airtight containers for a few weeks. I store in individual serving size.
- P. **About 30 minutes before you are ready to eat;** bring a large stock pot of salted water to boil.
- N. Remove from the water.
- O. Top your newly made pasta with any of your favorite toppings.



Suggested Topics on back of card

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## Back to Card E

- G. **Repeat the steps until each section** of the homemade dough has been run through the machine for each setting.
- H. Your dough will continue to get longer and longer with each rolling.
- I. Cut each section of the rolled out dough in lengths of 8-10". Just eyeball it, no need to get out the yard-stick.
- J. If you want to make lasagna noodles, cut to desired shape and length. *Remember they don't have to be perfect. Flash freeze the lasagna noodles for later or move to the next step.*
- K. Set up the pasta machine for the fettuccine or spaghetti setting. Run each piece of dough through the fettuccine setting. Be sure to handle the dough delicately.
- L. Place the new fettuccine pasta on the floured surface, gently tossing it to cover with flour and spread it out for drying.
- M. The pasta is best when it has time to rest and dry. The humidity or temperature in your home will determine the drying time. After a few hours, the pasta will feel dry and slightly brittle. At this point, the pasta is dry enough to cook.

## Back to Card F

### **Suggested Toppings:**

- with homemade butter and fresh, grated parmesan cheese
- tossed with homemade pesto
- added to homemade Alfredo Sauce
- added to homemade Alfred Sauce with organic mushrooms, chicken and spinach
- covered in homemade marinara or spaghetti sauce
- flavored with your favorite organic or Farmer's market vegetables (mushrooms, onions, or zucchini)
- swimming in your favorite homemade chicken soup