

Poodle Pasta

3 1/2 cups whole wheat flour
8 ounces beef liver
3 whole egg
1 tablespoon olive oil
8 tablespoons butter – optional

Puree beef liver in blender until smooth. Add eggs and blend for about a minute. Put flour in a large mixing bowl and make a well in the centre of the flour. Pour liver and egg mixture into well along with olive oil. Mix well until thoroughly combined. Turn dough out on floured board and knead well for at least 5 minutes or until smooth and shiny. Wrap dough in plastic wrap and let dough rest in refrigerator for at least 1 hour, no longer than 2 days. When ready to make pasta, divide dough into 8 equal portions, approximately 4 oz. each. Form into desired pasta shapes with hands or use pasta machine. Cook in rapidly boiling water until al dente. For thin noodles, approximately 10 minutes, for thicker noodles a few minutes longer. Drain noodles and toss with 1 tablespoon butter per serving, if desired.

Instead of butter, try tossing noodles with 1 tablespoon olive oil, canola oil or other oil high in omega-3 and omega-6 fatty acids.

