

Procedural Text on How to Make a Pasta/Noodles

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## Introduction

The Procedural Text (McNeil, 2018) is used to either direct behaviour or to describe how to do a process so that the reader can replicate it. It is also referred to as “how to” texts that provide directions and instructions through step by step action to enable the reader to interpret and replicate the process describe. For this particular procedural text, it aims to describe how to make pasta or noodles. There are times that my family wants to make fresh pasta or noodles that have simple ingredients and easy to make. This recipe makes a pound of pasta that can easily be replicated This recipe includes pictures at the end to help the readers visualizes the recipe. Visual elements (Winch, Johnston, March, Ljungdahl, & Holliday, 2016, p. 24) in a text can repeat the information that is in print by using some type of visual portrayal of what the print says. In this manner, The reader can combine meanings from both visual and print elements to gain more understanding of the procedure.

### How to Make a Pasta

**Aim/Goal:** To make a pasta noodles

**Ingredients:**

- 2 cups All purpose Flour
- Three large eggs
- ½ teaspoon of salt

**Materials:**

- Fork
- Large Bowl
- Large wooden cutting board
- Measuring cups
- Measuring spoon
- Pasta Machine
- Rolling pin
- Spatula
- Tea Towel

















**Instruction:**

1. Make sure that all ingredients and materials needed are on the working table.
2. Cracked the three eggs and place it in a small bowl. Make sure that there are no egg shells.
3. Place the 2 cups of all purpose flour on a clean large wooden cutting board.
4. Make a well in the center.
5. Put the three eggs and ½ tsp. of salt in the well.
6. Gently whisk the eggs and salt using a fork without disturbing the flour.
7. Then gently incorporate the flour into the egg mixture a little at a time.
8. Use your fingertips to blend the mixture together.

9. Bring the mixture together with your hands to form a dough ball.
  - If the dough seems to dry, add a little more egg mixture
  - If the mixture is too wet and sticks to your fingers, rub your hands with flour and form the dough into a ball
10. Knead the dough by pushing down and away from you with the palm of your hand.
11. Fold the dough over itself and push down and away again.
12. Continue this until the dough is smooth, about 7 minutes.
13. Put the dough ball in a ball and cover it with a tea towel. Let it rest for 15 minutes.
14. Remove the dough ball from the bowl and cut it into three parts.
15. Flatten one of the dough balls using the rolling pin until it's about ½ an inch thick and no wider than the slot of the pasta machine.
16. With the pasta machine on its widest setting, turn the handle while feeding the dough into the slot.
17. Gently hold the flattened dough as it comes out of the pasta machine, but don't pull it.
18. Roll the dough again in the pasta machine
19. After the dough has completely passed through the pasta machine, turn the slot down to the next smallest setting and pass through the slot
20. Continue doing this, making the slot smaller by one each time.
  - Don't try to skip a number, as this will only cause the machine to jam and you'll end up with a mess and no pasta.
21. As you continue rolling the pasta, your sheet of dough will get longer and longer. Make sure to gently hold the dough as it exits the pasta machine so it does not tear.
22. Continue passing the dough through the machine until it's about a 1/16th of an inch thick
23. After rolling the dough out to the desired thickness, it's time to cut the dough into pasta.
24. Put the adapter that cuts the dough in your pasta machine.
25. Most pasta machines come with an adapter that cuts the dough.
26. Feed the dough into the cutting blades. Try to have your hand under the center of the cut dough, so you can pick it all up in one bunch.
27. Immediately after cutting the dough, drench it with flour so it won't stick together.
28. Hang the pasta on a dowel or other object (a clothes drying rack works great). You can also lay the pasta flat on a towel, but it is more likely to stick together.
29. Repeat Step 15 to Step 28 for the two remaining dough ball.

The pasta/noodles can be cooked right away or is good for a week when refrigerated. There are lots of recipe that can be done using this pasta/noodles. My family likes to use this fresh noodles recipe when making chicken noodle soup with lots of vegetable in it. We just cook the noodles for 15 minutes in a chicken stock together with the vegetables and season to taste. It is good to have a hot noodle soup during the winter to keep our body warm. I hope you like the recipe!

Visual Procedure:

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### Reference

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- Moore, B (2008, July 29). How to Make Homemade Pasta-Fresh Recipe From Scratch. Retrieved from The Spruce Eats: <https://www.thespruceeats.com/homemade-pasta-fresh-recipe-from-scratch-1665047>
- Winch, G. Johnston, R. R., March, P., Ljungdahl, L., & Holliday, M. (2016). Literacy Reading, Writing and Children's Literature. Melbourne: Oxford University Press.