

## Fresh Hi-maize<sup>®</sup> Pasta with Fiber

| Ingredient   | Weight %      |
|--|---------------|
| Fine Grind Wheat Flour*  | 59.0          |
| <b>Hi-maize<sup>®</sup> 260 or Hi-maize<sup>®</sup> 1043**</b> | <b>7.0</b>    |
| Vital Wheat Gluten   | 1.0           |
| Salt   | 1.5           |
| Canola Oil   | 1.0           |
| Water  | 30.5          |
| <b>Total</b>   | <b>100.00</b> |

\* If desired, Durum semolina flour may be substituted for fine grind wheat flour with appropriate adjustments to water level.

\*\* Hi-maize 1043 and Hi-maize 260 are nutritionally equivalent high amylose resistant starches; availability of each product is region specific.

Provides approximately 4 grams of dietary fiber per 100 grams of fresh,  
uncooked pasta

### PREPARATION:

1. Dry blend flour, Hi-maize<sup>®</sup>, gluten and salt.
2. Place dry ingredients on kitchen bench, make a well in the middle and add the water and oil.
3. Combine ingredients and knead to develop the dough. Approximately 5 minutes.
4. Cover the dough with plastic wrap and refrigerate for approximately 30minutes.
5. Sheet the dough by passing it through the sheet former at 1 mm setting (normally requires 4 to 6 passes).
6. Cut the pasta to desired length.
7. Boil until "al dente", approx 2-3 minutes, checking pasta every minute.