Grandma Carter's Amish Noodles

BREADS & DOUGHS

YIELD	ACTIVE	TOTAL	PER SERVING
≈2 servings	30 min	≈1 h 30 min + drying overnight	345 kcal · 1,397 mg Na · 12 g protein

EQUIPMENT
Rolling pin · Large pot with a lid

#	INGREDIENT	MASS	VOLUME	PROCEDURE
THE DAY BEFORE				
1	Flour, all-purpose	125 g	1 cup	Put the flour, egg, oil and water in a bowl and mix until they form a dough.
	Egg	50 g	1 large	
	Neutral oil (canola)	14 g	1 tbsp	
	Water	45 g	3 tbsp	
2				Knead the dough for 5 min on a lightly floured counter. Cover it and let it rest ≈45 min.
3				Roll the dough out thin, ≈⅛ in, on a floured counter. Cut it into noodles. Spread them out in one layer and let them dry uncovered overnight.
COOKING DAY				
4	Water	948 g	4 cups	Put the water and Better Than Bouillon in the pot, stir, and bring to a boil. This is the broth.
	Chicken stock, Better Than Bouillon	24 g	4 tsp	
5				Drop the dried noodles into the boiling broth and cook for 10 min, stirring now and then so they don't stick. Turn off the heat, put the lid on and let them steam for ≈30 min, or until tender.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Flour, all-purpose	125 g	455	3	13
Egg	50 g	72	71	6
Neutral oil (canola)	14 g	124	—	—
Chicken stock, Better Than Bouillon	24 g	40	2,720	4
Total		**690**	**2,794**	**23**
Per serving (1/2)		**345**	**1,397**	**12**

Nutrition: USDA FoodData Central: SR Legacy (flour, egg, canola oil) and Branded Foods label (Better Than Bouillon Roasted Chicken). All the broth is counted, so sodium is lower if you leave some in the pot. Water not counted.

NOTES

- The card just says "broth", with no kind or amount, so 4 cups of chicken is a fill-in. The noodles soak up a lot, so add a splash more if the pot looks dry.
- The thickness and turning off the heat for the steam aren't on the card.