Grandma Carter's Noodles

BREADS & DOUGHS

YIELD	ACTIVE	TOTAL	PER SERVING
≈8 servings	45 min	≈1 h 30 min	303 kcal · 303 mg Na · 11 g protein

EQUIPMENT
Rolling pin · Large mixing bowl

#	INGREDIENT	MASS	VOLUME	PROCEDURE
1	Eggs	300 g	6 large	Put the eggs, cream and salt in the large bowl and beat them together.
	Cream, light	90 g	6 tbsp	
	Kosher salt, Morton	4.8 g	1 tsp	
2	Flour, all-purpose*, or more*	500 g	4 cups	Stir in the flour until it forms a dough, adding a little more if it's too wet to handle. It will be sticky. Flour your hands well; a little oil on your hands may help too.
3				Knead the dough for ≈10 min on a floured counter, then divide it into 4 parts.
4				Roll out each part thin, ≈⅛ in, on a floured pastry cloth or counter. Let the sheets dry until they're no longer sticky, then cut them into noodles.
5				To cook, drop the noodles into boiling broth or salted water and cook until tender, ≈10 min.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Eggs	300 g	429	426	38
Cream, light	90 g	176	65	3
Kosher salt, Morton	4.8 g	—	1,920	—
Flour, all-purpose	500 g	1,820	10	52
Total		**2,425**	**2,421**	**92**
Per serving (1/8)		**303**	**303**	**11**

Nutrition: USDA FoodData Central: SR Legacy (eggs, light cream, flour) and Morton's label. Counts the 4 cups of flour only, and not the broth or the flour for the counter.

NOTES

- The card leaves "flour" out of the "4 cup or more to make dough" line, and stops once the noodles are cut. The thickness and the cooking step are filled in; her Amish Noodles card cooks them in broth.
- The card says "lite cream", which is light cream. Half-and-half works too.