

# Homemade Egg Noodles



Illinois Extension  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**Yield:** About 12 ounces

**Serving size:** 3 ounces

## Ingredients

- 2 cups all-purpose flour
- 2 egg yolks, slightly beaten
- 1 egg, slightly beaten
- ½ teaspoon salt
- 1/3 cup water
- 1 teaspoon cooking oil

## Directions

1. Wash hands with soap and warm water.
2. In a large shallow bowl or on a clean work surface, measure and add 1 ¾ cup flour. Make a "well" in the center of the flour, to hold egg combination.
3. In a medium bowl, combine egg yolks, egg, salt, water and oil. Add wet mixture to the well. Mix together until ingredients are incorporated.
4. Flour a flat surface. Gather dough into a ball and knead on a floured surface until smooth, about 8-10 minutes. If necessary, add remaining flour to keep dough from sticking to surface or hands.
5. Form dough into a ball. Cover with a clean towel and let dough rest for 10 minutes before rolling out on a floured surface.
6. Divide the dough into thirds. On a lightly floured surface, roll each section into a paper-thin rectangle. Use a pastry roller for a more evenly formed noodles. Dust top of dough with flour to prevent sticking while rolling. Trim the edges and flour both sides of dough.
7. Using a sharp knife or pizza cutting wheel, cut noodles 1/8" thick and 1/4" wide.
8. Hang or lay on a lightly floured tea towel to dry for 2 hours to dry or use a dehydrator.
9. **To Cook Noodles:** Add noodles to a pot of water that has come to a rapid bowl. Noodles will rise to the surface in 4-7 minutes and be cooked. Stir to keep them separated.
10. Serve immediately, or add to soups or hotdish.



*Image source: Anton, Unsplash, 2021*

**Nutrition Information Per Serving:** Calories 85, Total fat 2 g, Saturated fat 0 g, Unsaturated fat 1g, Cholesterol 46 mg, Sodium 96mg, Carbohydrates 14 g, Added sugar 0 g, Protein 3 g

*Recipe adapted from: Better Homes and Gardens Cookbook, 2021*

## Tips for the Kitchen:

- **Food Safety:** Dough that contains raw eggs and flour, should never be tasted.
- **Drying Noodles:**
  - Air-dry noodles using a drying rack. To prevent salmonella, noodles should not be allowed to dry at room temperature for more than 2 hours.
  - Food dehydrator. Follow manufacture settings to dry noodles. General recommendation for drying noodles in a food dehydrator are to dry for two to four hours at 135°F.
- **Storing Noodles**
  - **Fresh Noodles:** Store noodles in air-tight container in the refrigerator of for up to 3 days.
  - **Dry Noodles:**
    - Make sure noodles have dried completely. The noodles will snap in half when completely dried.
    - Store noodles in an airtight container at room temperature for up to a month.
    - Noodles can also be placed in an airtight container and stored in the freezer for 3-6 months.
- **Cooking Noodles**
  - **Fresh Noodles:** You can cook fresh noodles without drying and they will cook much faster than dried. Typically only 2 - 4 minutes are needed, depending on thickness.
  - **Dry Noodles:** The cooking time will vary depending on the noodles thickness. Generally noodles will cook in 10-12 minutes.

From the Desk of: Diane Reinhold, MPH, MS, RDN  
University of Illinois Extension - Nutrition & Wellness Educator,  
Serving Jo Daviess, Stephenson & Winnebago Counties  
02/2021