



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Balmain Bugs with Angel Hair Pasta

Ingredients

Pasta dough

2 cups plain flour
2 eggs
1 egg yolk
Dash olive oil

30g butter
3 Balmain bugs, shells removed
2 garlic cloves, finely sliced
2 eshallots, finely sliced
A ½ leek, trimmed, finely sliced lengthways
A ½ fennel, thinly sliced lengthways
A ½ cup white wine
A ¼ cup pouring cream



Method officially tested

1. Process ingredients for pasta dough in a food processor until the dough becomes thick. Remove from processor, transfer to a dry clean bench, lightly dusted with flour. Knead the dough for 5 minutes or until smooth and elastic. Wrap in plastic wrap and set aside to rest.
2. Flatten the dough slightly. Set the pasta machine on the widest setting and coat the pasta rollers lightly in flour. Feed dough through the machine. Repeat 6 more times, folding the pasta into thirds and then turning it 90 degrees to the pasta machine before you feed the pasta dough through each time.
3. Continue to feed the dough through the machine, gradually narrowing the pasta machine settings, 1 notch at a time. Repeat until you reach the second last setting on the machine.
4. Feed dough through the angel hair attachment. Lay the pasta flat and loosely cover until required.
5. Heat 10g of butter in a large frying pan, cook garlic and eshallots for 2-3 minutes. Add the leek and fennel, cook for a further 3-4 minutes or until vegetables have softened. Pour wine and cream into pan, stir well to combine. Keep warm.
6. Cook pasta in a large saucepan of salted boiling water, for 2-3 minutes or until al dente, drain. Add pasta to sauce, season to taste. Meanwhile, heat 20g of butter in a large frying pan, cook bug tails for 3-4 minutes or until just cooked through.
7. To serve, place angel hair pasta in a shallow bowl, topped with bug tails.