



ATLAS 150 WELLNESS

Manuale completo e le 10 migliori ricette

Complete manual and
the 10 best recipes

Manuel complet et
les 10 meilleures recettes

Vollständige Anleitung mit
den 10 besten Rezepten

Manual completo y
las 10 mejores recetas



BASIC RECIPE FOR THE DOUGH

- * 500 g of soft-wheat flour
- * 5 whole eggs

To achieve better pasta, for the flour use a mixture of 250 g of soft-wheat flour and 250 g of durum-wheat flour (semolina/ durum wheat semolina).

100 g of flour will be needed while processing the pasta with the machine.

HOW TO PREPARE THE MACHINE FOR USE

Attach the machine to the table with the special clamp and insert the crank into the hole of the smooth rollers (Fig. 1).

When using the machine for the first time, clean it with a slightly dampened cloth to remove excess oil. To clean the rollers, feed a small amount of pasta dough through them and then throw it away.

HOW TO PREPARE THE DOUGH

Serves 6 people (see recipe)

Pour the flour into a bowl, then the eggs and water in the middle (Fig. 2).

Beat the eggs and water with a fork and mix thoroughly with the flour.

Do not add salt!





OUR REMINDER:

Dispenser by Marcato, the right accessory to dust the pasta with flour, is practical and simple to use, suitable for all types of flours!

1 lb = 450 grams
1 oz = 28 grams
1 pt = 0,6 litre
1 qt = 1,1 litre

Knead the dough with your hands (Fig. 3) until it is completely smooth and elastic. If the dough is too dry, add some water, if it is too soft add some flour.

Remove the dough from the bowl and place it on table lightly dusted with flour (Fig. 4).

Continue, if necessary, to work the dough with your hands and cut it into small pieces (Fig. 5).



ATTENTION

Great dough should never stick to your fingers.

TIP:

Do not use cold eggs straight from the refrigerator!



HOW TO MAKE SHEETS OF PASTA AND PASTA WITH ATLAS 150

Set the machine thickness-adjustment knob on number 0, pulling it outwards and making it turn, so that the two smooth rollers are fully open (Figure 6 and Table A).

Feed a lump of dough through the rollers, turning the crank clockwise as indicated by the arrow (Fig. 7).



Lightly dust both sides of the sheet of pasta with flour (Fig. 8) and fold it in half (Fig. 9). Feed the sheet of pasta through the smooth rollers again: repeat these operations 5-6 times until the sheet of pasta has a long and regular shape (Fig. 10).

Cut the sheet of pasta in two and lightly dust with flour on both sides.

Set the thickness-adjustment knob on no. 1 and feed the sheet of pasta through once without folding it; then set it on no. 2 and feed the sheet of pasta through once again, then set it on no. 3 and so forth until achieving the desired thickness.



TIP:

For fettuccine the recommended thickness of the sheet of pasta is with the thickness-adjustment knob on no. 5, for tagliolini it should be on setting no. 7. The thinnest pasta sheet thickness is achieved by setting the machine on no. 9 and feeding the sheet of pasta through twice.

Now cut the sheet of pasta crosswise into pieces about 25 cm (~ 10 inches) long and lightly dust them with flour again (Fig. 11).

Insert the crank into one of the holes of the cutting rollers and while you make it turn in the direction of the arrow, feed the sheet of pasta through to achieve the desired type of pasta: fettuccine fig. 12 or tagliolini fig. 13. Pick up the pasta with the special stick and transfer it to the pasta drying rack.



Note 1

If the rollers are not able to “cut” it means that the sheet of pasta is too soft: in this case we recommend to knead the dough with your hands, adding some flour and feeding it through the smooth rollers again.

Note 2

When the sheet of pasta is too dry and is not “gripped” by the cutting rollers, we recommend to knead the dough with your hands and add some water. Feed the dough through the smooth rollers again.

Lay the pasta on a damp clean tea towel and cook it immediately. If you wish to store it for a while (max 1 month), you can use the practical Tacapasta (pasta drying rack) by Marcato to let it dry out (fig. 14).

The pasta will dry out in about 5-6 hours, depending on the temperature and humidity and can be stored in suitable containers normally found in a kitchen (Fig. 15).



Figure 6

Table A

ADJUSTMENT KNOB	PASTA SHEET THICKNESS
n. 0	~ 4,0 mm
n. 1	~ 3,5 mm
n. 2	~ 3,2 mm
n. 3	~ 2,8 mm
n. 4	~ 2,5 mm
n. 5	~ 2,0 mm
n. 6	~ 1,5 mm
n. 7	~ 1,3 mm
n. 8	~ 1,0 mm
n. 9	~ 0,8 mm



Figure 15

RECIPES

* For excellent **wholemeal pasta** use 500 g of soft-wheat wholemeal flour and 250 ml of water.

* For **lighter pasta** replace the 5 eggs of the basic recipe with 250 ml of water.

* For **gluten-free pasta** use 300 g of buckwheat flour, 125 ml of water and 2 egg yolks.

THE RIGHT ACCESSORY!

The perfect complement for you is the **Tacapasta** by Marcato, ideal for drying fresh pasta. It consists of 16 rack arms, with a multi-purpose stick, and can support up to 2 kg of pasta.



HOW TO COOK THE PASTA

Bring plenty of salted water to the boil (~ 4 litres for half a kg of pasta), then add the fresh or dry pasta (Fig. 16).

Fresh pasta cooks in just a few minutes, on average between 2 and 4 minutes, depending on its thickness.

Dry pasta needs longer cooking time (between 4 and 6 minutes), depending on its thickness. Stir gently and drain the pasta when it is cooked (Fig. 17).

Pour the pasta into the pan with the sauce and add some of the water in which the pasta was boiled. Stir (Fig. 18) and add some grated Parmesan cheese. Serve on heated plates and... enjoy your meal!



MACHINE CARE AND MAINTENANCE

Never wash the machine with water or in the dishwasher!

To clean the machine use a brush and wooden stick (Fig. 19).

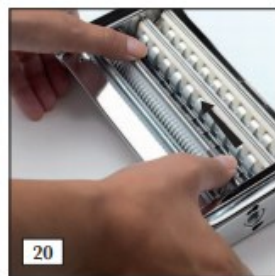
To ensure thorough cleaning, the roller combs are removable:

- push the comb-holder sideways (round part made of steel) (Fig. 20);
- lift the comb-holder on one side and remove it from its seat (Fig. 21);
- stick one end of the comb-holder in the hole of the anti-friction comb made of resin (Fig. 22);
- lift the steel rod and extract the comb from its seat;
- to reassemble the combs repeat the operations described above in reverse order.

To remove the cutting unit from the machine, lift it with your hands making it slide in the relevant guides (Fig 23).

To mount accessories on the machine repeat the procedure in the reverse order.

If needed lubricate the ends of the cutting rollers; only use Vaseline oil (Fig. 24).





NEW RECIPES FOR FRESH PASTA:



GREEN PASTA

- * basic recipe dough
- * 100 g of spinach

The spinach must first be washed, then boiled for about 10-15 minutes and blended before being added to the dough.

ORANGE PASTA

- * basic recipe dough
- * 150 g of carrots

The carrots must be peeled and sliced, then boiled for 15 to 30 minutes and mashed before being added to the dough.

BLACK PASTA

- * basic recipe dough
- * 1 bag of squid ink

RED PASTA

- * basic recipe dough
- * 1 teaspoon of concentrated tomato paste



MARCATO S.p.A.

Via Rossignolo 12, 35011 Campodarsego (PD) ITALY
 Tel. +39 049 9200988 - Fax +39 049 9200970
 Numero Verde 800 516 393 -
 e-mail: marcato@marcato.it - www.marcato.it