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Eggless homemade pasta tips?

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My toddler is allergic to eggs, but I do want to experiment more with homemade pasta. I have made typical egg versions a few times, but I don't know why seemingly almost no one makes eggless pasta dough at home when most dry pasta doesn't have eggs.

What is the difference in the dough and are there any tips I should know about?



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snowwhitesludge • 3y ago •

Fresh pasta is hard to make without eggs. I'm allergic to egg whites and my dad has tried many times to make his pasta without them and the difference in texture and taste is hard to manage. The egg-white free versions tend to mush in the pot when cooking or not stick together enough in making.

As a tip, about 95% of egg allergies are to egg white and the remaining to egg yolk. If it's a gastro allergy and not anaphylactic it's absolutely worth testing to find out. As they grow up they'll find TONS of options that have egg yolk and not white. I can eat yolks and use it in baking, soups, and fried dishes.



5



i2likesquirrels • 3y ago •

I can't seem to eat either where chicken eggs are concerned.... but the issue doesn't extend to duck eggs for me.



3



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nowwithadddsnark • 3y ago •

You could try making Chinese style hand ripped noodles and experimenting with how you want to use them

<https://youtu.be/38XuHv8Rgig>

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[chinese fresh noodles do not have eggs](#)

I won't tell if you use them for non chinese dishes.

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That is super helpful! Ours has never had a anaphylactic response, but definitely had a positive on scratch tests and has gotten bad hives from straight eggs or getting uncooked eggs on them. Our allergist also told us that gluten and cooking along with eggs changes the protein structure enough to make it ok, but it's hard when they can't tell you how they feel and don't understand what an allergy is 😊 I think the yolk v whites is def something to explore!

3 ...



Sportsman_10 • 3y ago •

I haven't tried making any but I really like chickpea pasta. And this looks like a good and simple recipe to try making some it doesn't have any eggs in it. <https://www.alphafoodie.com/how-to-make-chickpea-flour-pasta/>

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Fresh pasta without eggs is the standard in large parts of Italy so it's really not uncommon, just we tend to give more credit to some regional Italian cuisines than others in the English speaking world.

Try this [orecchiette](#) recipe, and the linked Orecchiette con Cime di Rabe as well is great, making the shapes is fun too, if a bit time consuming.

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Maybe try [r/veganrecipes](#)

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