PASTA ANYONE?
The Word “Pasta”

- Describes the various shapes and sizes of products made with flour and water.
350 shapes
350 shapes

4 Basic Types:

Long Goods--
- Spaghetti
- Linguine
- Vermicelli
350 shapes

- Short Noodles
  - Macaroni
  - Ziti

- Egg Noodles
  - Pasta made with eggs
350 shapes

- Specialty items:
  - Manicotti
  - Lasagna
  - Shells
Pasta is made from Durum wheat

It helps pasta keep its shape and firmness when cooked.

The wheat is milled and the flour is mixed with water, then kneaded to make an elastic dough.
Pasta dough…

- The dough is pushed though “dies” to make different shapes.
Pasta dough...

- Spaghetti and lasagna are produced into long strips.
- Ravioli are stamped out like a cookie cutter.
Making Ravioli
Making Your Own Pasta
History of Pasta

- Fettuccine and ravioli were two early forms of pasta.

- Italian sailors ate leftovers stuffed into pasta which was the first ravioli.
History of Pasta

- Thomas Jefferson introduced pasta to the U.S. around 1785 after a trip to Italy.

- Pasta did not appear commercially until 1948 when the first plant was established in the U.S.
Cooking Pasta

1. Use 1c. water for every 1 oz. of pasta called for in the recipe.

2. Water should be boiling before adding pasta.
3. Stir to prevent sticking.

4. Do not cover in order to prevent boilover.

5. Cook “al dente” -- slightly resistant to the bite or tender yet firm.
Cooking Pasta cont.

6. Do not rinse pasta, unless you need to cool it down.
Serving Pasta

- The Italians usually serve pasta one of four ways:
  1. Buttered
  2. Soups
  3. With sauces
  4. Stuffed with meat and cheese