**Name:** ­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Block:** \_\_\_\_\_\_\_\_\_ **Unit:** \_\_\_\_\_\_\_\_

C:\Documents and Settings\hp18203\Local Settings\Temporary Internet Files\Content.IE5\OM9FAWYT\MC900356985[1].wmf**PASTA INFORMATION**

Use this information to complete the PASTA worksheet.

**HOW IS PASTA MADE**

Pasta is made from unleavened dough (meaning that no leavening agents like baking powder, baking soda, or yeast were used). To make pasta you combine flour with a liquid like egg and/or water. All types of flour can be used, including wheat, buckwheat, rice, or many other grains.

Once the dough is made, pasta can be extruded into a wide variety of shapes and sizes. Extrusion is the process of forcing pasta through perforated plates to make various shapes. Pasta dough can also be rolled out thinly and cut into strips or other shapes.

**ITALIAN PASTA**

There are hundreds of different Italian pasta shapes, but only a small number of these types are available in Canada. The vast majority of Italian pasta is made with wheat flour, usually semolina wheat. Italian pasta shapes can be divided into four groups: ribbons, filled, tubes, and shapes.

*RIBBONS*

Pasta dough is rolled very thin and cut into strips of ribbons of various widths. Ribbon pastas include: spaghettini, spaghetti, fettuccine, capellini, and linguine.

*FILLED*

Sheets of pasta can be cut into squares or other shapes and are then sandwiched together with a filling in the middle. Filled pasta includes ravioli, tortellini and agnolloti.

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*TUBES*

Cylindrical forms of pasta, or tubes, are made using extrusion. The hollow tubes can be curved or straight, fluted or smooth. Tube pastas include macaroni, manicotti, penne and rigatoni.

*SHAPES*

Extrusions can also be used to shape pasta. Shaped pasta includes farfalle (bowties), fusilli, orzo, rotini, rotelle (wagon wheel), shells and alphabet pasta.

**ASIAN NOODLES**

In Asia, pasta is typically called “noodles”. The vast majority of Asian noodles use a ribbon shape that is round, square, or flat. The types of flour used to make Asian noodles are more varied then Italian pasta, and include wheat, rice, bean starch and buckwheat.

*EGG NOODLES*

Wheat flour is used to make Chinese egg noodles. Egg noodles are thin, flat noodles with a springy texture. They can be deep-fried to make chow mein. Wheat flour is also used to make Japanese somen (if thin) or udon (if thick). Somen and udon can be round, square or flat.

*RICE NOODLES*

Rice noodles are made with rice flour. They can be wide or thin, or very fine like rice vermicelli. Rice noodles can be flat or round.

*BEAN STARCH NOODLES*

Bean starch noodles are made from mung beans. They are also known as spring rain noodles, bean threads, bean noodles, or cellophane noodles. They are thin and transparent.

*BUCKWHEAT NOODLES*

Buckwheat flour is used to make buckwheat noodles, also called soba noodles in Japan.

**HOW DO I COOK PASTA?**

All Italian-style pasta and most Asian noodles are cooked using boiling water. Bring a large pot of water to a rapid boil, and then add the pasta in slowly so it continues to boil. Be sure to have lots of water in the pot because the pasta needs to move freely when cooking. You should also add a little bit of salt to the water so that it will absorb the salty taste at the same time it is absorbing the cooking water.

Some Asian noodles are *parboiled* before being stir-fried with other ingredients. Parboiling or blanching is a cooking technique in which something is partially cooked in boiling water, but removed before it is cooked all the way through.

**HOW DO I KNOW WHEN MY PASTA IS DONE COOKING?**

Italian-style pastas are properly cooked when they are *al dente*, which means they are firm but tender. You can also achieve this by draining your pasta when it is slightly firmer than desired as it will continue to cook from the residual heat.

Asian noodles are not served al dente. Rather, they are either boiled until soft or stir-fried until very crisp.

**SAUCES**

There are many different types of sauces that can be served with Italian pasta, but they can generally be divided into four basic categories: vegetable sauces, cream sauces, meat sauces, and garlic-oil sauces.

*VEGETABLE SAUCES*

Tomato-based sauces are the most common vegetable sauce used on pasta.

*CREAM SAUCES*

One of the most common cream sauces used on pasta is Alfredo sauce. Cream sauces can also be combined with tomato sauce to make rosé sauce.

*MEAT SAUCES*

Meat sauces can be either tomato-based or cream-based, and include some sort of meat such as ground beef, chicken or even seafood.

*GARLIC-OIL SAUCES*

The most common garlic-oil sauce used on pasta is pesto sauce. Pesto is made by combining fresh basil, pine nuts, garlic and oil olive in a food processor and processing until smooth.

Asian noodles may be served in soup, mixed into a stir-fry, or have any number of Asian sauces poured over them; such as soya sauce mixed with corn starch, hoisin sauce, oyster sauce, fish sauce, or a combination of sauces.