****Foods 9-10(A) 2017

**GETTING TO KNOW THE**

**PASTA**

**FAMILY**

If the word “pasta” makes you think “fattening” or “spaghetti & meatballs,” then you should get better acquainted with one of the world’s great food families! Even if you already ARE a “pasta person,” you may not realize how many varieties there are or how many ways there are to serve them.

There are thousands of different shapes and sizes of pasta and they all fall into four categories: spaghetti, macaroni, noodles, and specialty products.

**Spaghetti:** A general term for solid, round, rod-shaped pasta. Vermicelli, capellini and spaghettini are in this group, as is linguini, which is a flattened oval rod. In Italian, capellini means “little hairs” and capellini d’angelo means “angel hair” pasta. Spaghetti is usually longer in length than many other pasta forms.

**Macaroni:** These are cylindrical, hollow forms of pasta. Rigatoni, ziti, penne and elbows belong to this group.

**Noodles:** These are flat pastas, which vary in length and width. Some examples are fettucine, Lasagne and egg noodles.

**Specialty Products:** Shells, pastina, bow ties and alphabets belong to this group, which is especially popular with children. These pastas are often used to add texture (and visual interest) to a dish.

To decide which type pf pasta to serve, think not only of pasta shape, but also of the texture of your sauce. If you are serving a chunky vegetable or meat sauce, you might choose a shell or other hollow macaroni – the tiny openings in the shells catch and hold finely diced vegetables.

**Nutrition facts to know:**

Pasta consists mostly of carbohydrate, some protein and very little fat. The carbohydrate found in pasta is a “complex” carbohydrate and is nutritionally more beneficial that simple carbohydrates such as in granulated sugar. The protein in pasta is most nutritious when combined in the same meal with a small amount of meat, fish, poultry, cheese, milk or beans. Pasta can be used to make these more-expensive foods “go further” and feed more people. They will make the person feel fuller, while eating less of the more expensive food than if they were to eat it alone. When used in this way, pasta may be referred to as an “extender,” because it extends or increases the number of people you can feed with a certain amount of an expensive protein food. This technique has been used by generations of budget-conscious cooks with hungry people to feed.

When buying pasta, check the label for the word “enriched” to be sure that iron and the “B” vitamins thiamin, riboflavin and niacin have been added to the flour. Alternatively, buy whole-wheat pasta – then there’s no need to look for “enriched.” White pasta has had the bran layer of the wheat kernel removed. This results in the loos of these nutrients in processing. The word “enriched” means that some of the lost nutrients from the bran have been added back in.

Two ounces, or about 55 g of dry, enriched (white) pasta yields about 250 – 375 mL (1 – 1½ cups) of cooked pasta and provides about 210 calories of energy, 7 g of protein, 1 g of fat and 45 g of carbohydrates.

(over)

(Pasta Family – continued)

Pasta itself is relatively low in calories. If you choose sauces wisely, you can enjoy a healthy, light and pleasant meal. Choose rich cream and cheese sauces less often. When you do indulge in them, control your portion sizes both of the pasta and the rest of the meal.

**Planning pasta meals:**

Traditionally, Italians eat only a small amount of pasta and sauce as a first course. They rarely eat large quantities as the main course. When planning a menu to include pasta, decide whether it will be a small first course or the main event, and round out the meal accordingly. If pasta is a first course, follow it with meat, chicken or fish, a vegetable and/or a salad. For pasta as a main course, a light, leafy salad is a good accompaniment, followed by a simple fruit dessert.

**How much pasta to cook?**

Depending on the type & shape, 55 g (2 oz.) of dry pasta yields about 250-375 mL (1 – 1½ cups) of cooked pasta. If you have a kitchen scale, the problem of dividing a 454g/1 lb box of spaghetti into serving-size bundles is solved. Another method is to wrap a tape measure around a bundle of either spaghetti or spaghetti-like pasta, such as linguine or fettucine. Here are some handy measurements:

* One 9 cm / 3½“ bundle = about 500-625 mL or 2-2½ cups (110g / 4 oz.) cooked
* One 10½ cm / 4½“ bundle = about 1-1¼ L (1000 – 1250 mL) or 4-5 cups (225g / 8 oz.) cooked
* One 13 cm / 5½“ bundle = about 1½ -2 L (1500-2000mL) or 6½ -7½ cups (350g / 12 oz.) cooked

It is possible to measure macaroni, some smaller pasta varieties, and egg noodles in cup measurements, rather than weights:

* 500 mL / 2 cups (8 oz. / 225g) yields about 1125 mL (4½ cups) cooked
* 1000 mL / 1 L / 4 cups (8 oz. / 225g) yields about 1000 mL / 1 L / 4 cups cooked

**How to cook and serve:**

Cook pasta in a large amount of water at a full, rolling boil to avoid sticking. To cook 454g (1 lb./16 oz.) of pasta, bring 4 litres (4 quarts) of water to a full, rolling boil in a large saucepot/Dutch oven over high heat. Use less water, about 3 litres/quarts, for 225g (8 oz. /½ lb.) of pasta. Add 10-15 mL salt (2-3 tsp) and 10-15 mL (2-3 tsp) oil. Not all people believe in adding oil, as they feel that it coats the pasta and prevents sauces from sticking. Plunge pasta into water all at once. For longer strands, as soon as the pasta begins to soften, bend the strands until they are completely submerged. Stir slowly with a wooden spoon until the water boils again. Cooking time will depend on the size and thickness of the pasta; consult package for approximate times. Most dried pasta will take between 7-10 minutes boiling time. **Fresh** pasta is cooked the same way, but takes only 2-3 minutes time.

Pasta is done when it is tender, yet slightly firm to the bite – in Italian, ***al dente***. As soon as the pasta is cooked, pour it into a colander to drain. Shake the colander several times to rid pasta of excess water that could dilute sauces. Serve immediately, preferably on warmed plates.

The most efficient way to serve long pasta is to use kitchen tongs or special pasta-serving gadgets. These may include a wooden fork, about 8-8 cm/3” across with four prongs. Another is a long-handled, flat wooden oval that has 2-3 cm dowels sticking out from its surface. Various types of long-handled, plastic “claw-like” utensils are also available. With these utensils, you can “grab” the pasta easily and lift it from the colander to plates.

**To reheat cooked pasta:**

Pasta may be cooked ahead and reheated before adding sauce. Plunge cooked pasta into boiling water and let stand 1-2 minutes until heated through. Drain immediately in a colander and serve. Pasta already combined with a sauce may be reheated by baking (lasagna, for example) or in the top of a double boiler. Pasta may also be reheated in a microwave oven. However, it is best to initially cook the pasta conventionally.

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**BLOCK: \_\_\_\_\_\_\_\_ UNIT: \_\_\_\_\_\_\_\_**

**QUESTIONS – THE PASTA FAMILY**

1. Of the thousands of different pastas and sizes, name their four categories:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **b.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **d.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Spaghetti is a good general term for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name four other pastas that fall in to this group:

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **b.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **d.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Macaroni is the general term for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Four examples of macaroni products are:

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **b.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **d.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Noodles are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pastas, varying in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Three examples of noodles are:

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **b.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Four specialty pastas are:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **b.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **d.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Why do you need to consider the texture of the sauce when choosing a type and size of pasta?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Pasta contains mostly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a little \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & very little \_\_\_\_\_\_\_\_\_\_\_\_\_.

**Pasta Family Questions – Page 2**

1. How can the protein content of a pasta meal be enhanced?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. When buying pasta, check the label for the word \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be sure that

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the “B” vitamins \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have been added to the flour.

1. Pasta is relatively \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in calories. However, if you are concerned about fat content,

you should avoid rich \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sauces.

1. Italians eat a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ amount of pasta and sauce as a first course. They

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ quantities as the main course.

1. If pasta is the main course, what would be a good accompaniment? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Followed by? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How much water should be used to cook pasta? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What else may be added to the water? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What should you do after you add the pasta to the water in the pot? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Pasta is cooked when it is “tender to the tooth,” or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Once pasta is cooked, it should be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

and served \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ plates.

1. The most effective way to serve pasta is to use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or a special

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. How much to cook? Depending on the type, \_\_\_\_\_\_\_\_\_\_ ounces (oz.) of \_\_\_\_\_\_\_\_\_\_\_ pasta yields

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cups of cooked pasta ( \_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_ mL).