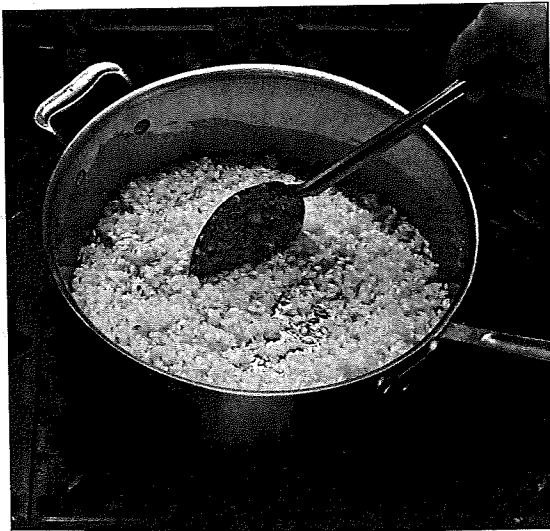


Most commonly, food preparers use the **risotto** (rih-ZO-to) method with one special medium-grain rice, **arborio** (ahr-BORE-ee-oh). Risotto has a very creamy consistency because of the starch that is released from the arborio rice as it cooks. This starch makes the finished product sticky and creamy. In the risotto method, the food preparer stirs the rice constantly as she adds small amounts of hot liquid, usually flavored broth or water, which are absorbed. The starch in the rice is released gradually during the cooking process, producing a creamy texture. The best risotto has a porridge-like consistency (sticky and creamy) and can be served as an appetizer or main entrée. The food preparer also can cool and shape it for later use. For example, use for deep-fried balls of risotto with cheese in the center.

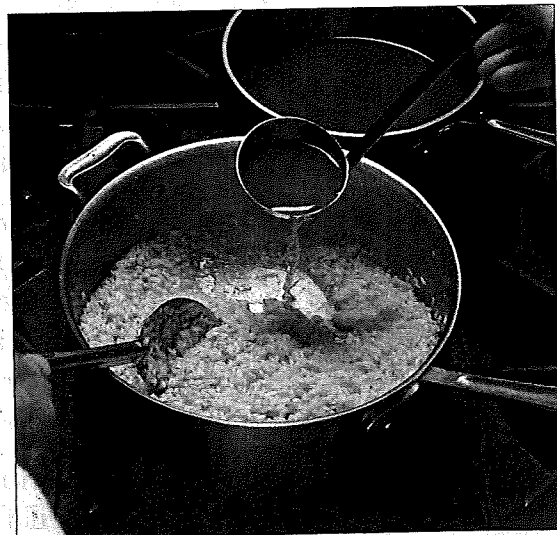
## Essential Skills

### Risotto

- 1 Heat oil or butter in a pot.
- 2 Add onions and sauté, stirring frequently.
- 3 Add rice and sauté, stirring frequently. See Figure 11.15a.
- 4 Add one-fourth of the liquid to the grain and bring to a simmer. Continue stirring until rice has absorbed all the liquid. See Figure 11.15b.
- 5 Add remaining liquid, stir, and simmer until grain absorbs the liquid.

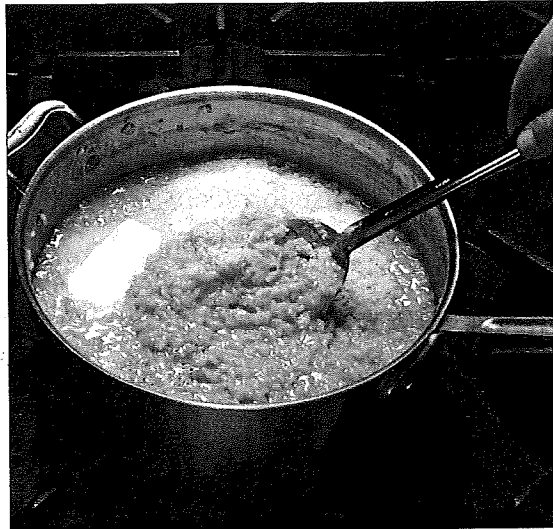


**Figure 11.15a:** Step 3—Add rice and sauté.

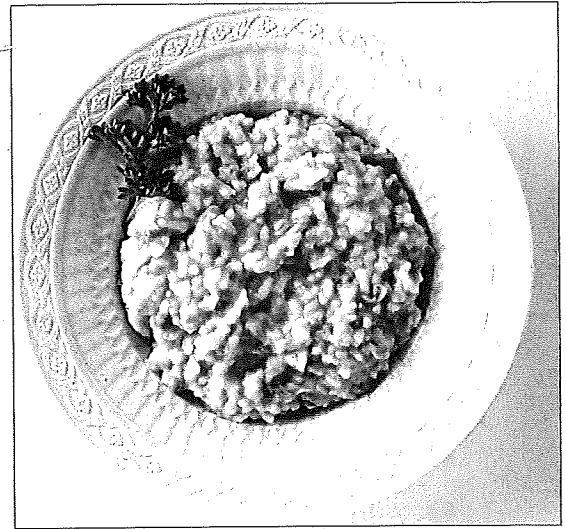


**Figure 11.15b:** Step 4—Add liquid.

- 6 Remove the pot from the heat and stir in butter. See Figure 11.15c.
- 7 Serve risotto immediately. See Figure 11.15d.



**Figure 11.15c:** Step 6—Stir in the butter.



**Figure 11.15d:** Step 7—Serve the risotto.

## Summary

In this section, you learned the following:

- Legumes are seeds from pod-producing plants. Beans, peas, and lentils are the three types of legumes. Grains are grasses that grow edible seeds. Wheat (including all-purpose white flour, soft wheat, hard wheat, and durum wheat), rice, oats, and barley are some common grains.
- Store legumes in a cool, dry, well-ventilated area, away from light and excessive heat. Discard any beans or peas that are moldy or wrinkled. Whole grains have a shorter shelf life than milled grains; use them within three weeks of purchase. Carefully inspect all grains when they are delivered. Do not accept packages that are ripped or that have holes. Canned products should be dent free.
- Soak legumes and grains before cooking. Techniques for cooking grains include pilaf and risotto. Pilaf is a technique for cooking grains in which the food preparer sautés the grain briefly in oil or butter and then simmers in stock or water with various seasonings. Food preparers usually use the risotto method with one special medium-grain rice, arborio. Risotto has a very creamy consistency because of the starch that is released from the arborio rice as it is cooked.

## Section 11.2 Review Questions

- ① How should dried legumes be stored?
- ② What happens to a grain when it is milled?
- ③ Explain the pilaf and risotto techniques for cooking grains.
- ④ What are the parts of a grain?
- ⑤ Chef Jean has traditionally used legumes primarily in soups and stews. He wants to experiment with beans and peas to create some interesting lunch options. Research two dishes that would use some form of bean or pea in a main course (other than a soup or a stew). Why would this be a suitable lunch option?
- ⑥ Stephanie Izard notes that grains are a basic component of many vegetarian dishes. Research two wheat grains and describe their properties and uses.
- ⑦ Grains such as quinoa and triticale are not only served, but sometimes are featured items at restaurants. What types of restaurants would feature these grains?
- ⑧ What grains have been most successful in the typical American home? Why?

## Section 11.2 Activities

### 1. Study Skills/Group Activity: Debate “America’s Breadbasket”

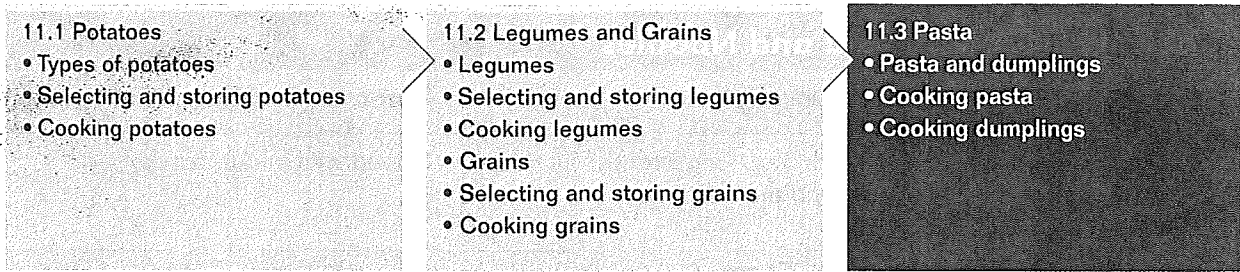
The Midwest of the United States is called “America’s Breadbasket.” Team up with four other students to debate the following statement: “Resolved: United States corn production end use should be shifted from food to ethanol fuel.” What are the pros and cons?

### 2. Activity: What is a legume?

What qualifies as a legume? Are fresh green pea pods legumes? Are alfalfa sprouts legumes? Research the definition of legume, list at least five different legumes, and suggest a menu item that could be created with each.

### 3. Critical Thinking: The Future of Flour

Project 15 years into the future and see yourself as the owner of a small bakery. How would you receive your deliveries of flour? How would you store your flour? How often would you have a delivery? How much flour would you order? Answer each question based upon research into the industry.



## SECTION 11.3 PASTA

The word pasta in Italian means paste, referring to a mixture of flour and water, and sometimes eggs. Yet, pasta appeals to virtually everyone, from toddlers to those with highly sophisticated palates. Pasta can be purchased at a store or made from scratch; then served easily at home or in the most elegant restaurant.

---

### Study Questions

After studying Section 11.3, you should be able to answer the following questions:

- What are the different types of pasta?
  - What types of cooking methods and recipes are there for preparing pasta?
  - How do you prepare dumplings?
- 

### *Pasta and Dumplings*

Fast becoming a staple food item in America, pasta is one of the most versatile and convenient foods to prepare. Dried pasta and noodles are essential foods because they store well, cook quickly, and provide a base or accompaniment for many popular dishes. Many pasta varieties can also be purchased fresh or frozen. Colored and vegetable-flavored pastas can add color and nutrition to many entrées. Table 11.5 describes various dried pastas and their common culinary uses.

Dumplings are cooked balls of dough that often include a filling ingredient, such as pork, vegetables, or even sweets. Ravioli, which we refer to as pasta, really falls under the definition of dumpling. Virtually every type of cuisine has a dumpling dish from Chinese dumplings to Polish **pierogi** (pyeh-RRAW-ghee).



**Table 11.5: Dried Pasta and Noodles**

	Type	Description	Common Culinary Uses
DRIED PASTA AND NOODLES	Bucatini	Hollow, long strands; spaghetti-shaped	Served with thicker sauces
	Bean thread noodles	Slender, gelatinous noodles; made from mung beans	Soups, stir-fries, salads, desserts, drinks; common to Asian-influenced dishes
	Capellini	Thin, long strands; thinner version: capelli d'angelo (angel hair)	Served with broth, oil, or very light sauces
	Fettuccine	Thick, long strands; flat, ribbon-shaped	Served with a variety of sauces, especially cream sauces
	Lasagne	Thick, long, flat, wide noodles; ruffled edges	Casseroles
	Linguine	Thin, long, flattened strands	Served with a variety of sauces, light to heavy
	Rice noodles	Various widths; long strands; made from rice flour	Common to Asian-influenced dishes
	Soba noodles	Fine, long strands; ribbon-shaped; Japanese buckwheat pasta	Soups, stir-fries; common to Asian-influenced dishes
	Spaghetti	Round, long strands; widths range in size	Served with a variety of sauces, light to heavy
	Udon noodles	Thick, long strands; Japanese noodles	Soups, stews, stir-fries; common to Asian-influenced dishes
	Vermicelli	Thin, long strands; similar to spaghetti	Broths, soups, light sauces
	Acini de pepe	Small; rice-shaped	Served with a variety of sauces; soups, salads, casseroles
	Casareccia	Short; rolled; twisted	Served with a variety of sauces; soups, salads, casseroles
	Elbow	Short; narrow, curved tubes	Served with a variety of sauces; soups, salads, casseroles
Farfalle	Medium; bowtie-shaped	Served with a variety of sauces; soups, salads, casseroles	
Fusilli	Short; corkscrew-shaped	Served with a variety of sauces; soups, salads, casseroles	

*continued*

**Table 11.5: Dried Pasta and Noodles *continued***

	Type	Description	Common Culinary Uses
	Orecchiette	Flat; smooth; curved rounds	Served with a variety of sauces; soups, salads, casseroles
	Orzo	Small; grain-shaped	Served with a variety of sauces; soups, salads, casseroles
	Penne	Short tubes; smooth or ridged; diagonally cut	Served with a variety of sauces; soups, salads, casseroles
	Radiatore	Short; chunky shape with rippled edges	Served with a variety of sauces; soups, salads, casseroles
	Rigatoni	Thick; ridged tubes	Served with a variety of sauces; soups, salads, casseroles
	Shells	Small to large; resemble conch shells; larger shells stuffed	Served with a variety of sauces; soups, salads, casseroles
	Tubetti	Small to medium; tube-shaped	Served with a variety of sauces; soups, salads, casseroles
	Couscous	Small, irregular shape; grain-like; similar to coarse sand	Hot cereal, pilafs, salads
	Israeli couscous	Larger than traditional couscous; pearl-like, smooth, round balls; chewy texture; sometimes toasted	Pilafs, salads, soups
	Italian couscous	Larger than traditional couscous; irregular shape	Salads, fish- or tomato-based
	Fregola Sarda	Sun-baked; golden brown color; chewy texture; nutty flavor	Soups

© *The Professional Chef*, 8<sup>th</sup> Edition, The Culinary Institute of American, 2006

[nutrition]

### **Carbo-Loading with Pasta**

Carbo-loading, or carbohydrate loading, means to increase the carbohydrates athletes eat starting two days before a high-intensity endurance athletic event. During the same time, they reduce activity level. This encourages their bodies to store carbohydrates as glycogen, which is a form of starch energy stored in the muscles. It is believed that this energy will then be available to improve the performance of the athletes. And they won't get as tired as quickly.

Traditionally, a big spaghetti dinner has been the classic carbo-loading meal. Pasta is high in complex carbohydrates, easy to digest, mild, and does not promote gas or diarrhea. It also has some protein. Correctly done, carbo-loading can nearly double the muscle stores of glycogen in athletes! That translates into sustained energy and more endurance.

Pasta and dumplings are important elements of most cuisines because they are made from inexpensive, staple ingredients, and they can be used in many dishes. Pasta is used in appetizers, entrées, salads, and even desserts.

Prepare pasta and dumplings from a dough or batter that includes a starch, such as flour or potatoes, and a liquid. Use additional ingredients to add shape, color, texture, and flavor. The basic pasta dough recipe produces a stiff dough that can be stretched, rolled into thin sheets, and cut into desired shapes.

[fast fact]

### **Did You Know...?**

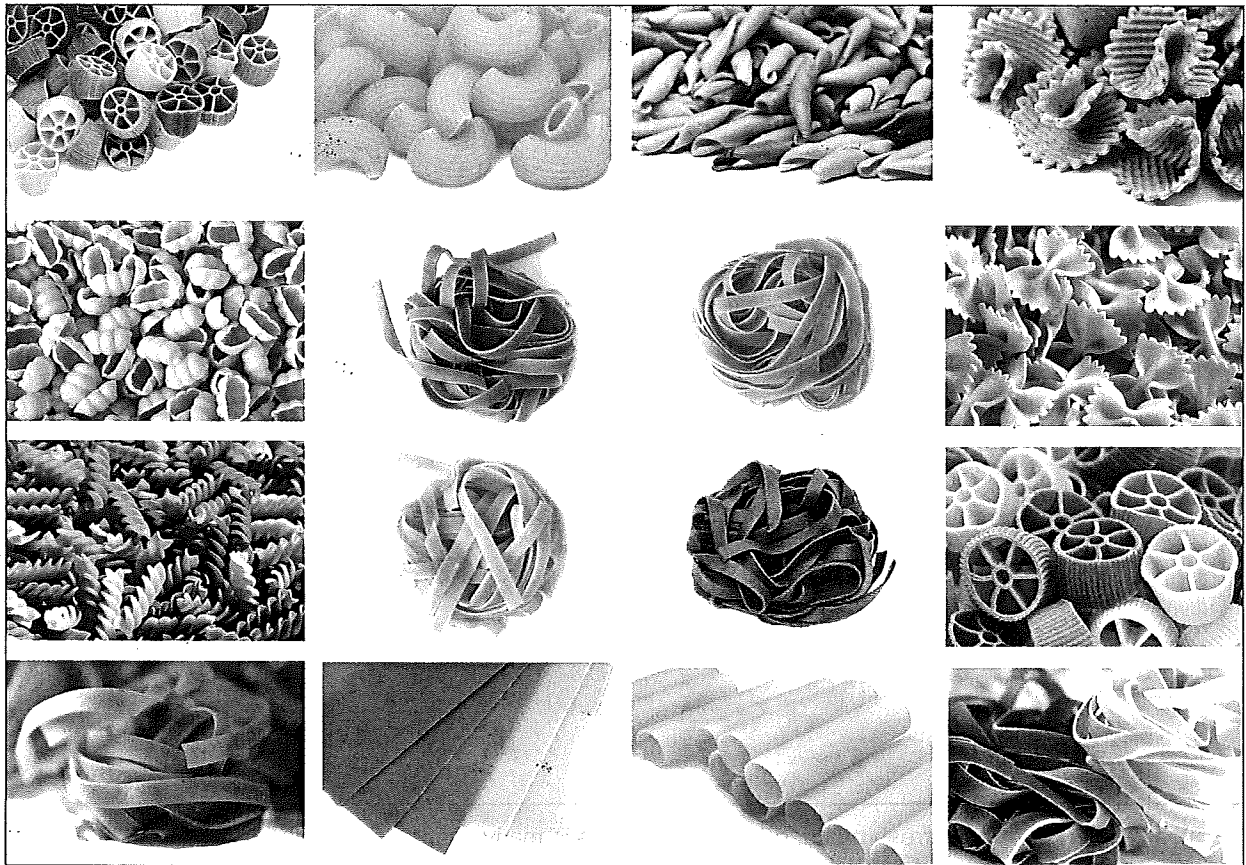
According to the American Pasta Report, the most popular pasta dishes are spaghetti (40%) and lasagna (12%).

Source: American Pasta Report



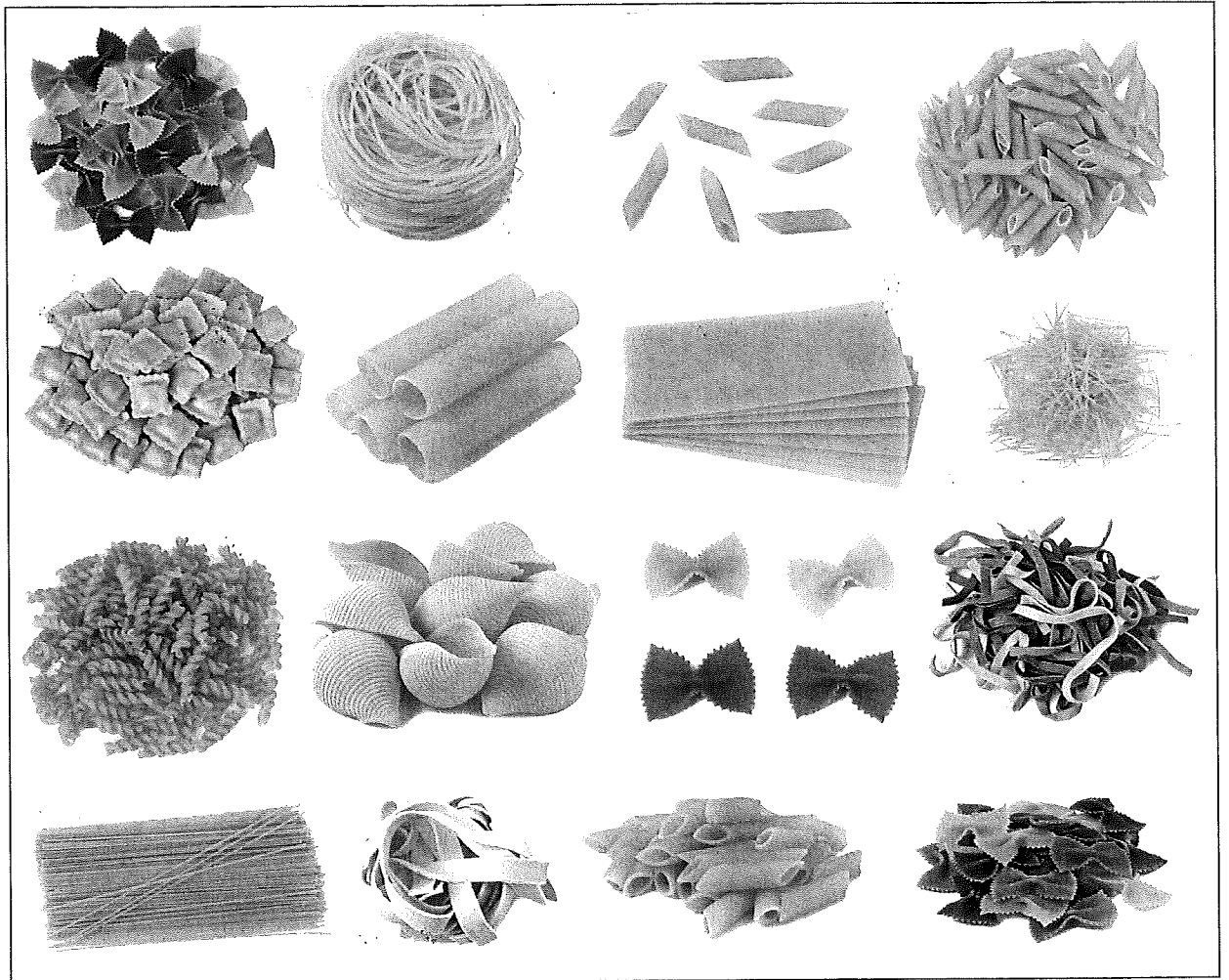
## Cooking Pasta

Many differences exist between fresh pasta and dried pasta. Fresh pasta cooks very quickly. The pasta is done when it feels firm to the bite, or **al dente** (ahl DAN-tay). Because fresh pasta cooks so quickly, food preparers have no reason to cook it in advance. However, they can hold cooked fresh pasta for short periods for banquet and buffet service, and then reheat it by placing it in a wire basket and dipping it briefly in a pot of boiling water. Figure 11.16 shows a variety of fresh pastas.



**Figure 11.16:** Fresh pasta is available in many shapes, colors, and sizes.

Cooking dry pasta takes longer than cooking fresh pasta. Like fresh pasta, the food preparer should cook it al dente and serve it as soon as possible. However, dried pasta can be held for a longer period of time. Figure 11.17 shows a variety of dried pastas.



**Figure 11.17:** Similar to fresh pasta, dried pasta comes in many shapes, sizes, and colors. Dried pasta takes longer to cook than fresh pasta.