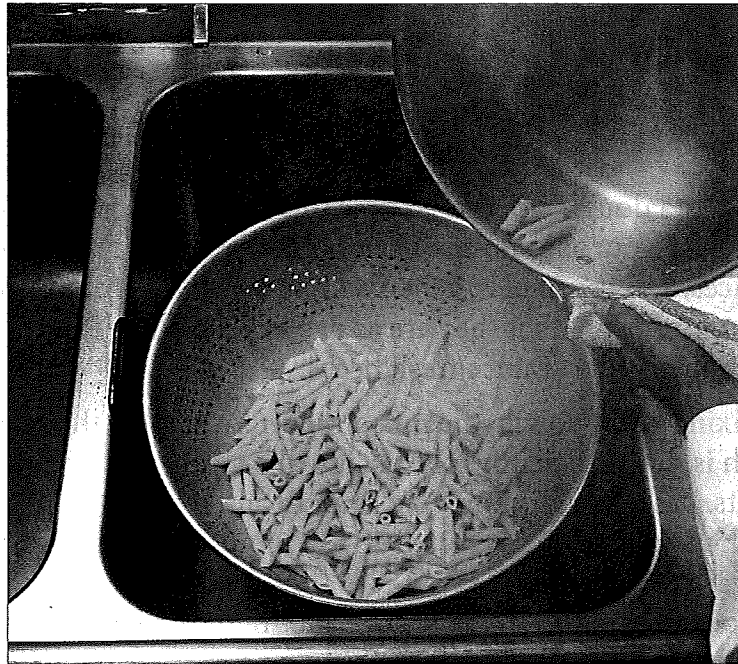


---

## Essential Skills

### *Boiling Pasta*

- ❶ Bring a large pot of water to a boil and add salt.
- ❷ Add pasta and stir until softened and separated.
- ❸ Cook until done, stirring occasionally.
- ❹ Drain pasta in colander. See Figure 11.18.



**Figure 11.18:** Step 4—Drain pasta.

- ❺ Serve pasta immediately. Pasta can be served with a sauce or tossed with oil.

### Safety Concerns with Fresh Pasta

Store freshly made pasta in the refrigerator up to two days. The ingredients are fresh and moist and must be held below the danger zone. If eggs are in the pasta, this is especially true.

Pasta can be made fresh in a pasta machine. Completely clean this machine after each use. The moist starchiness of pasta makes it a wonderful food and substrate for pathogens, including mold.

When cooking pasta, be sure that boiling water is properly managed to avoid any splashing when the pasta is added or removed.

For fresh pasta dough, use four simple ingredients: eggs, salt, olive oil, and flour (bread flour, all-purpose flour, or semolina flour). For flavor and color, add fresh herbs, spices, and vegetables. When adding vegetables to the mixture, the food preparer must ensure that they are as dry as possible before mixing into the dough. Chop or finely mince fresh herbs.

When mixing pasta dough, the most important stage is the **resting stage**. If the dough is not sufficiently relaxed, it will be difficult to roll the dough into thin sheets. Pasta dough should be smooth and elastic and slightly moist to the touch. When the dough has rested 15–30 minutes (depending on the specific recipe), it is ready to be rolled out into thin sheets. *Note:* Resting time depends on the type of flour and the type and amount of tenderizing agents used. Follow the resting time stated in the recipe.

Hold fresh, uncooked pasta under refrigeration for a day or two, or freeze it. If it is to be stored longer, dry the pasta and store in the same manner as commercially prepared dried pasta.

Any sauce served with pasta must be the right consistency to complement the type of pasta. For example long, flat pastas, such as fettuccine and linguine, are best served with smooth, light cream sauces. Pair tube and twisted pastas with heavier sauces, such as thick tomato and meat sauces, because they catch the sauce.

It's also important to pair the sauce with a pasta's particular flavor. For example, the delicate flavor of fresh pasta should be paired with a light cream or butter-based sauce, while heartier meat sauces are better for dried pastas. Filled pastas need only a very light sauce because a heavy sauce overpowers or conflicts with the flavor of the filling. Following are some rules of thumb for pasta:

- One pound dried pasta to one gallon of liquid.
- One pound dry pasta yields three pounds cooked pasta.
- One pound fresh uncooked pasta yields two to two and a half pounds cooked pasta.

## Cooking Dumplings

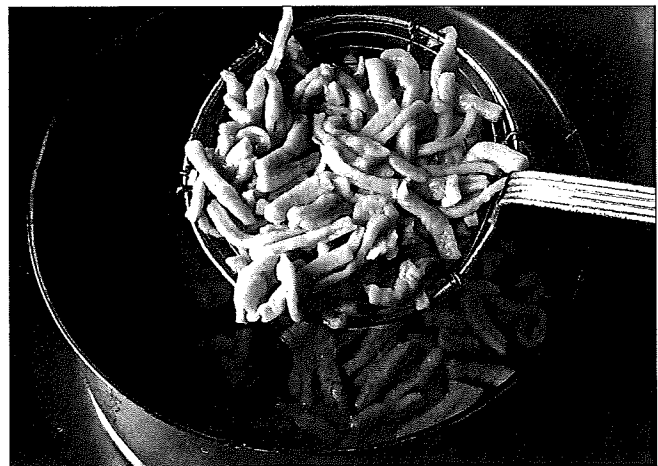
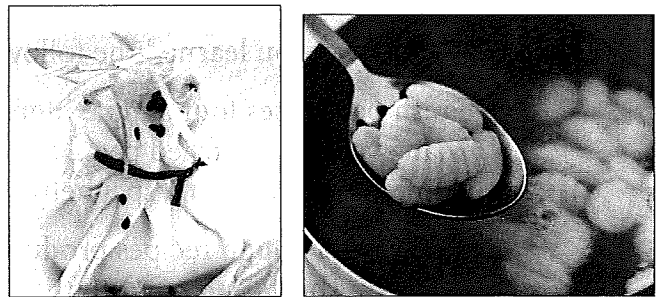
Make **dumplings** from dough or batter, or even bread and potatoes as the main ingredients. Food preparers usually shape them into small, round balls. The only way to test the doneness of dumplings is to cut into one of them. Dumplings should never have a doughy, uncooked interior. Simmer dumplings in a flavorful sauce.

Dumplings can be cooked in a variety of ways: simmered, steamed, poached, baked, pan-fried, deep fried, and broiled. Simmered or poached dumplings are quite popular. In fact, most dumplings are initially cooked by poaching. After poaching them, finish in any of the ways mentioned previously. Figure 11.19 is a photo of chicken and dumplings.

Slight additions or changes can transform pasta dough into a dumpling batter for **spaetzle** (SPAYT-z-el), small German dumplings, or bread-like dumplings that are tasty in stews. **Gnocchi** (nee-YO-key) are small potato dumplings served in Italian cuisine. Figure 11.20 shows a puffy dumpling, gnocchi, and spaetzle.



**Figure 11.19:** Chicken and dumplings.



**Figure 11.20:** From top left, moving clockwise: puffy dumpling, gnocchi, and spaetzle.

### Pasta Sauces

While pasta is still making a strong showing in the restaurant and foodservice industry, the sauces have changed. Pasta used to be presented with a heavy tomato sauce, perhaps with meat. The other option was a white Alfredo sauce, or perhaps a clam sauce.

Lately, light tossings in olive oil, garlic, and herbs are appearing in restaurants. Menus feature lighter tomato sauces and thinner cheese sauces. Food preparers are tossing a variety of ingredients with the pasta as well: fresh cooked, or marinated vegetables; seafood; antipasto items; olives; capers; nuts; and meats. The result is a versatile array of possible menu offerings, all healthful and adventurous.

The main key is to match the sauce to the pasta. A heavy Alfredo sauce would completely overpower Capellini, while a sturdy Rigatoni can handle more than a little drizzle of olive oil and a sprinkling of grated cheese. Lasagna would not be enjoyable made into a pasta salad. American tuna casserole relies on egg noodles as a comfort food.

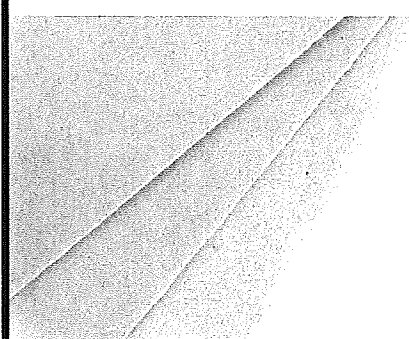
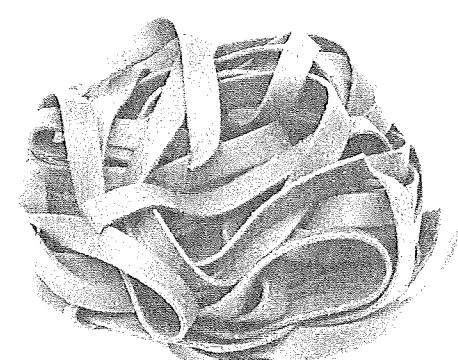
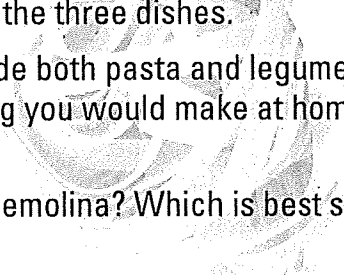
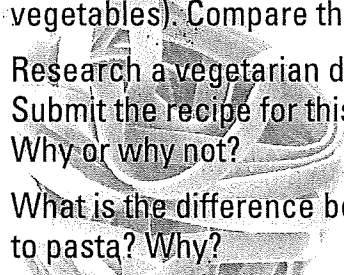
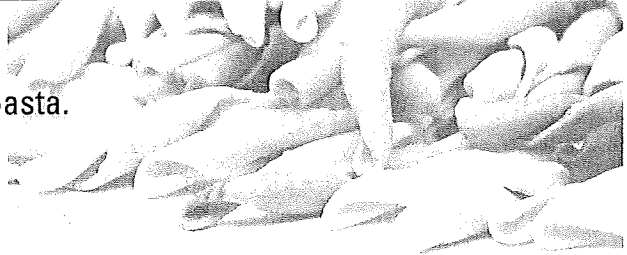
## Summary

In this section, you learned the following:

- Fresh pasta uses four simple ingredients: eggs, salt, olive oil, and bread flour. Many varieties of dried pasta are available, including capellini, farfalle, linguine, penne, rigatoni, spaghetti, and ziti.
- Basic pasta dough recipes produce a stiff dough that can be stretched, rolled into thin sheets and cut into the desired shapes. Fresh pasta cooks quickly and should be cooked al dente. Food preparers can simmer, steam, poach, bake, pan fry, deep fry, or boil dumplings, depending on their type.
- Prepare pasta and dumplings from a dough or batter that always includes a starch—such as flour, meal, or potatoes—and a liquid. Add ingredients to change the dish's shape, color, texture, and flavor.

## Section 11.3 Review Questions

- 1 List the three rules of thumb for pasta.
- 2 What is spaetzle?
- 3 How do you prepare a dumpling?
- 4 List and describe five dried pastas or noodles.
- 5 Chef Jean wants to offer a variety of pasta dishes on the fall menu. Research three pasta dishes that could be served for dinner. Make sure that each dish varies in terms of sauce or added components (meat, vegetables). Compare the nutrition values of the three dishes.
- 6 Research a vegetarian dish that would include both pasta and legumes. Submit the recipe for this dish. Is it something you would make at home? Why or why not?
- 7 What is the difference between durum and semolina? Which is best suited to pasta? Why?
- 8 What are the advantages and disadvantages of using fresh versus dried pasta in a restaurant or foodservice operation?



## Section 11.3 Activities

### 1. Study Skills/Group Activity: Value-Added Pasta

Pasta can be used as an ingredient in making related products, such as ravioli. These are value-added, which means they offer more than plain pasta and can command a higher price. Work with two other students to discuss value-added forms of pasta (cannelloni, tortellini, etc.). Brainstorm ways to use these pasta varieties in menu items.

### 2. Activity: Asian and Italian Pasta and Noodles

Asian cuisine uses pasta-type noodles extensively. Compare and contrast Asian and Italian pasta/noodle foods. Write two paragraphs about your conclusions.

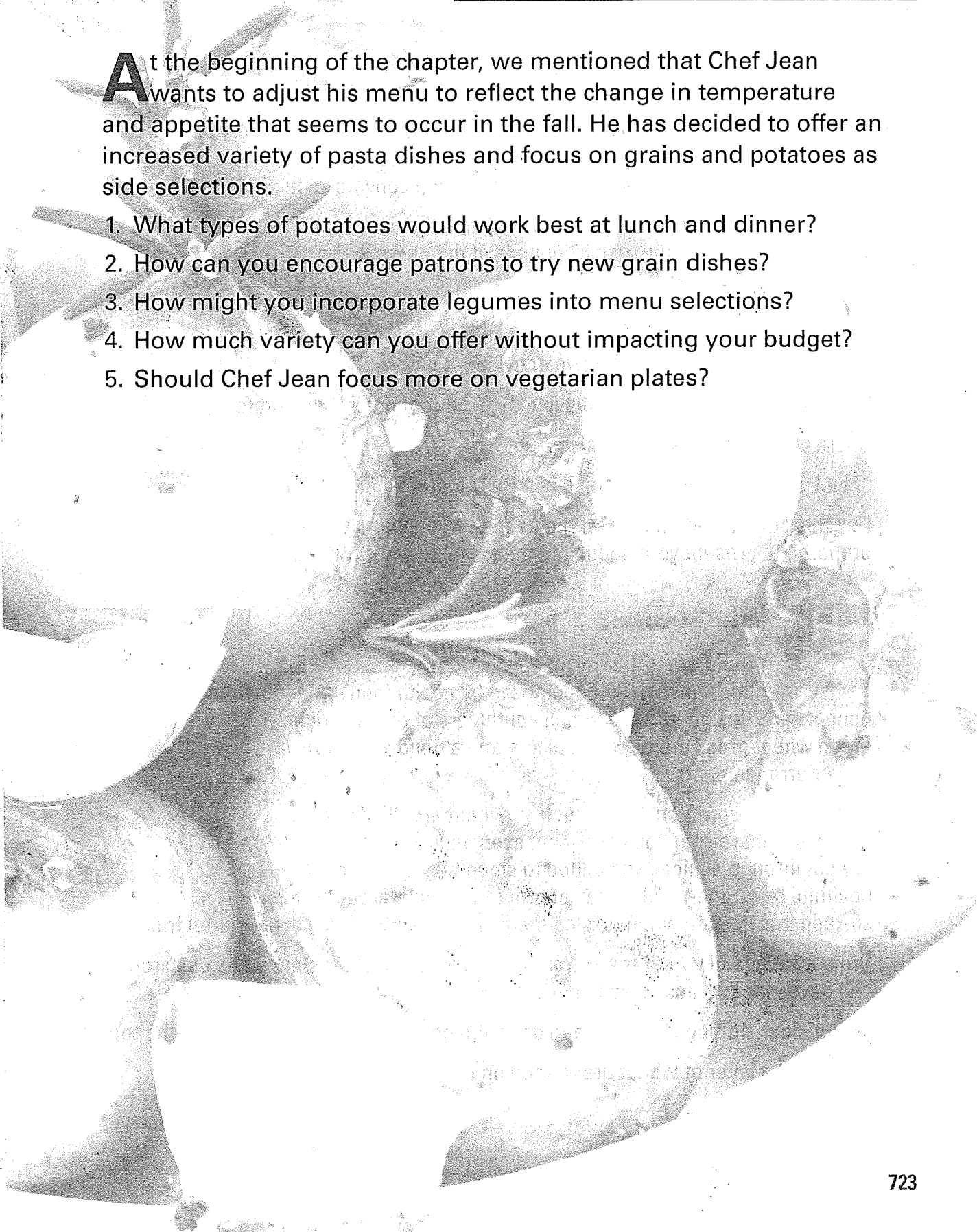
### 3. Critical Thinking: Gluten

You have many requests for pasta and noodle dishes at the college dorm cafeteria that you manage. Some dorm residents cannot consume wheat gluten without problems. Are pasta dishes out of the question? Research an answer. Suggest a way to accommodate gluten-sensitive individuals.

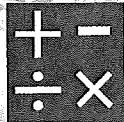
## Case Study Follow-Up *Want to Try?*

**A**t the beginning of the chapter, we mentioned that Chef Jean wants to adjust his menu to reflect the change in temperature and appetite that seems to occur in the fall. He has decided to offer an increased variety of pasta dishes and focus on grains and potatoes as side selections.

1. What types of potatoes would work best at lunch and dinner?
2. How can you encourage patrons to try new grain dishes?
3. How might you incorporate legumes into menu selections?
4. How much variety can you offer without impacting your budget?
5. Should Chef Jean focus more on vegetarian plates?



## Apply Your Learning



### Converting Pasta Quantities

If you want 10 pounds of cooked pasta, what quantity of dry pasta must you start with? What is the conversion factor? When do you multiply by the conversion factor? When do you divide by the conversion factor?

Use this same conversion factor to determine the quantity of cooked pasta you would have if you began with 32 pounds of dry pasta.



### Potato: Poetry or Podium

Choose one of the two activities:

Write a poem beginning with the line "The odor of one rotten potato..."

Share your creation with the class.

"The Power of the Potato Should Not Be Underestimated." —Alice Waters

Use this quoted statement as a theme for a two-minute talk about potatoes. Be prepared to present your speech to the class.



### Wheat Grass

Wheat grass, barley grass, and other sprouted grains have been popularized by health food proponents and designers alike. Small containers of dense, bright green wheat grass are beautiful to see and a good anchor for flower arrangements.

Beauty aside, sprouted grains such as wheat are filled with vitamins, minerals, antioxidants, and even amino acids. They are put through a juicer and added to smoothies or other healthful beverage-meals. They contribute a bright green color, so keep that in mind when tossing them in the blender with other colorful fruits!

Grow a sample of wheat grass. You can create a growth system in the classroom and have wheat grass in less than a week.

- 1 Put clean potting soil in a clean drainage container, leaving 3 inches at the top.
- 2 Spread a layer of wheat grass seed on top of the soil.





- ③ Cover with a thin layer of potting soil.
- ④ Spread a second layer of wheat grass seed.
- ⑤ Cover with another thin layer of potting soil.
- ⑥ Water well and keep the soil moist.
- ⑦ Position the wheat grass system in a bright part of the classroom.
- ⑧ The system may last up to two months.

### **Critical Thinking** A Delicate Problem...

While whole grains and legumes can be very nutritious, they are very high in fiber. This is a good thing. But not always at first.

Simply put, high fiber can cause gas and diarrhea. Diarrhea can cause you to lose nutrients by dumping them before they can be absorbed. Long-term diarrhea can cause a dangerous loss of nutrients and electrolytes.

It's safe to eat high fiber for most people. But phase it into the diet over a period of time. Adjust to it. No sense losing what you are hoping to gain.

Create a one week menu for a person who wants to increase dietary fiber. Assume that the current diet is low in fiber, and the goal is a high-fiber diet. Introduce the high fiber foods slowly over the week, distributed throughout the meals and the days. By the end of the week, half of the menu items served should be sources of fiber.

## Exam Prep Questions

- ① Potatoes exposed to light may develop a greenish color because they contain
  - A. fiber.
  - B. starch.
  - C. chlorine.
  - D. solanine.
- ② Whole grains should be kept no more than \_\_\_\_\_ week(s).
  - A. one
  - B. two
  - C. three
  - D. four
- ③ Which type of potato is best to use for making sautéed potatoes?
  - A. New
  - B. Russet
  - C. Chef's
  - D. All-purpose
- ④ The term *al dente* describes pasta that is \_\_\_\_\_ to the bite.
  - A. firm
  - B. soft
  - C. crisp
  - D. mushy
- ⑤ Cooked pasta can be refreshed before serving by placing it in
  - A. hot water.
  - B. the cooler.
  - C. the freezer.
  - D. ice-cold water.
- ⑥ Spaetzle is a type of
  - A. grain.
  - B. pasta.
  - C. potato.
  - D. legume.
- ⑦ The edible seed of grain without its husk or hull is called the
  - A. bran.
  - B. germ.
  - C. kernel.
  - D. endosperm.
- ⑧ At what temperature range should potatoes be stored?
  - A. 45°F to 55°F
  - B. 55°F to 65°F
  - C. 65°F to 75°F
  - D. 75°F to 85°F
- ⑨ Seeds from pod-producing plants are called
  - A. pilaf.
  - B. beans
  - C. grains.
  - D. legumes.
- ⑩ The technique for cooking grains in which the grain is sautéed briefly in oil or butter is called
  - A. pilaf.
  - B. risotto.
  - C. arborio.
  - D. lyonnaise.

## Garlic Mashed Potatoes

*Cooking time: 45 minutes*

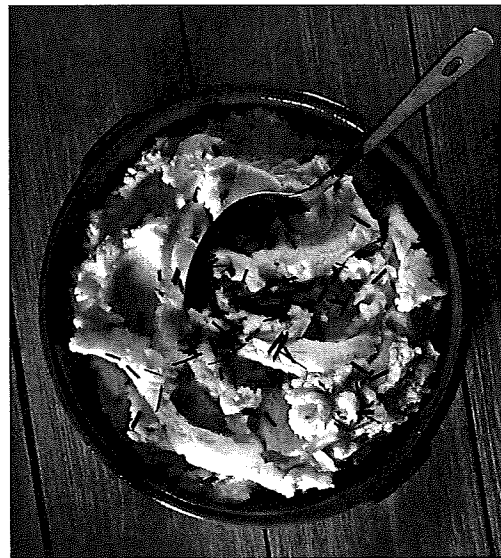
*Yield: 4 pounds*

### Ingredients

5 lbs	Potatoes, mealy	2 tsp	Salt
1 tbsp	Salt	¼ tsp	White pepper
4 oz	Whole butter, melted, hot	1 oz	Chopped garlic
8 fl oz	Milk, hot		

### Directions

1. Wash and peel the potatoes. Cut each potato into four to six uniform-sized pieces.
2. Place the potatoes in a pot, cover them with water, and add 1 tablespoon salt to the water. Bring the water to a boil, reduce to a simmer, and cook until the potatoes are tender. Do not overcook the potatoes.
3. When the potatoes are cooked, drain them well in a colander. The potatoes must be very dry. Transfer them to the bowl of an electric mixer. Using the whip attachment, whip the potatoes for 30 to 45 seconds. Scrape the sides and bottom of the bowl and whip for another 15 seconds or until the potatoes are smooth and free of lumps. The potatoes must be smooth before adding any liquids, or they will remain lumpy.
4. Sweat chopped garlic in melted butter for 5 to 10 minutes without browning. Strain the butter if desired.
5. Add the garlic and butter, milk, and seasonings. Whip on low speed to incorporate all of the ingredients. Scrape the sides and bottom of the bowl and whip again for several seconds. Adjust consistency and seasoning.



### Recipe Nutritional Content

Calories	220	Cholesterol	20 mg	Protein	8 g
Calories from fat	70	Sodium	660 mg	Vitamin A	4%
Total fat	8 g	Carbohydrates	33 g	Vitamin C	2%
Saturated fat	4 g	Dietary fiber	7 g	Calcium	2%
Trans fat	0 g	Sugars	3 g	Iron	8%

Nutritional analysis provided by FoodCalc®, [www.foodcalc.com](http://www.foodcalc.com)

## Bulgur Pilaf

*Cooking time: 45 minutes*

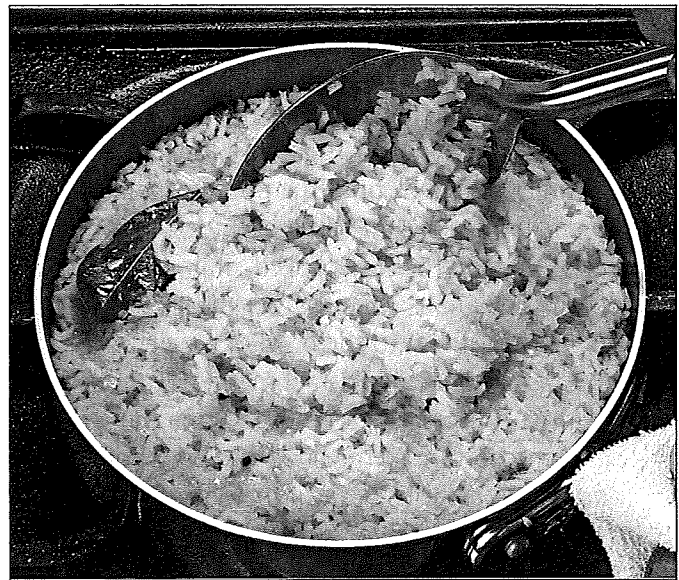
*Yield: 8 servings, 4 ounces*

### Ingredients

2 oz	Whole butter	1	Bay leaf
4 oz	Onion, fine dice	1 qt	Chicken stock, hot
10 oz	Bulgur	1 tbsp	Salt and pepper

### Directions

1. Melt the butter in a large, heavy saucepan over moderate heat. Add the onion and sauté until translucent.
2. Add the bulgur and bay leaf. Sauté until the grains are well coated with butter.
3. Add the stock and season to taste with salt and pepper. Reduce the heat until the liquid barely simmers.
4. Cover and continue cooking until all the liquid is absorbed and the grains are tender, approximately 18 to 20 minutes.
5. Fluff with a fork and adjust the seasonings before service.



### Recipe Nutritional Content

Calories	250	Cholesterol	25 mg	Protein	4 g
Calories from fat	80	Sodium	910 mg	Vitamin A	6%
Total fat	9 g	Carbohydrates	40 g	Vitamin C	25%
Saturated fat	5 g	Dietary fiber	4 g	Calcium	4%
Trans fat	0 g	Sugars	2 g	Iron	4%

Nutritional analysis provided by FoodCalc®, [www.foodcalc.com](http://www.foodcalc.com)

## White Bean Salad

*Cooking time: (Approximately 15 minutes)*

*Yield: 3 pints*

### Ingredients

12 oz	White beans		
As needed	Water	3 tbsp	Red wine vinegar
4 oz	Carrot, small dice	2 tsp	Fresh lemon juice
2 oz	Celery, small dice	1 tbsp	Dijon mustard
2 oz	Leek, sliced	1 tbsp	Shallot, minced
2	Green onions, minced	6 fl oz	Olive oil
1 tbsp	Parsley, chopped	To taste	Salt and pepper
1 tbsp	Fresh thyme, chopped		

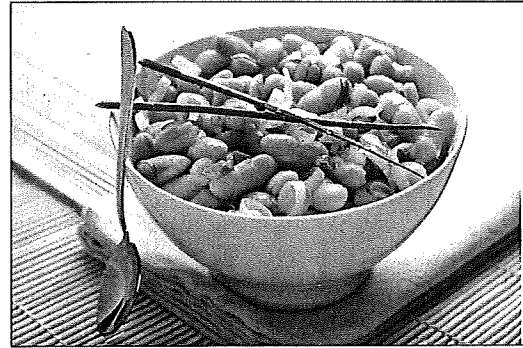
### Directions

*Day one: Sort and then soak beans overnight.*

*Day two: Cook beans one hour and then chill (overnight).*

*Day 3: Assemble.*

- Pick through the beans to remove any grit, pebbles, or debris. Place in a bowl of water and remove any skins or other items that float to the top. Drain and rinse the beans. Place in a clean bowl and soak them for at least 1 hour or overnight.
- Drain the beans and place them in a saucepot with 6 cups of water. Bring to a boil, reduce to a simmer, and cook until tender, approximately 1 hour. Drain, spread on a sheet pan, cool, and refrigerate.
- Blanch and refresh the carrot, celery, and leek. Drain and chill.
- To make the dressing, combine the vinegar, lemon juice, and mustard. Add the shallot and whisk in the oil a little bit at a time. Season with salt and pepper.
- Toss with blanched vegetables, green onions, parsley, and thyme. Add the dressing and toss together. Adjust the seasonings and serve chilled.



### Recipe Nutritional Content

Calories	250	Cholesterol	0 mg	Protein	8 g
Calories from fat	70	Sodium	40 mg	Vitamin A	50%
Total fat	15 g	Carbohydrates	23 g	Vitamin C	10%
Saturated fat	2 g	Dietary fiber	10 g	Calcium	10%
Trans fat	0 g	Sugars	7 g	Iron	20%

Nutritional analysis provided by FoodCalc®, [www.foodcalc.com](http://www.foodcalc.com)