



STUFF EVERY COOK SHOULD KNOW.....

PASTA

1. Pastas are a good source of complex carbohydrates and B Vitamins.
2. Pastas come in many shapes and forms and are made from mixtures of flour and other ingredients.
3. Pastas will double in size while cooking as water is absorbed.
4. As a rough guide for spaghetti, allow about the diameter of a quarter per serving per person.
5. Cook pastas without the lid on the pot. The starches that are released during cooking will boil over and can be hard to clean off the top of the stove.
6. Add dry spaghetti to water that is already boiling to reduce sticking.
7. Salting the water does not make water boil faster (it actually takes longer – ask me or your science teacher for details). Salt and oil are added to water mostly for flavour.
8. Cook pasta to the “*al dente*” (to the tooth) stage – a bit chewy, but not crunchy or mushy. (N.B. – NEVER use the wall test)
9. Professional chefs do not rinse pasta after cooking. Starch released during cooking allows sauces to stick better.
10. Tossing cooked, unrinsed pasta with oil is another way to add flavour.
11. Two ingredients often added to sauces to enhance flavour are garlic and bay leaf.
 - a. To crush garlic, use a heavy cup or bottom of a bowl to remove outer skin and to create a flattened surface that is easier to chop.
 - b. Bay leaf adds a lot of flavour to sauces, soups and stews, but does not get soft when cooked. It should be removed before being served.

