

Did you know?

- The best pasta is made of 100% semolina (the label will say durum - wheat semolina or semolia). Pasta made from durum wheat retain their shape and firmness while cooking. There are more than 600 pasta shapes produced worldwide
- Christopher Columbus, one of Italy's most famous "pastaphiles", was born in October, which is now National Pasta Month
- Pasta existed for thousands of years before anyone ever thought to put tomato sauce on it. The Spanish explorer Cortez brought tomatoes back to Europe from Mexico in 1519.
- Thomas Jefferson is credited with introducing macaroni to the U.S. He fell in love with a dish he sampled in Naples while serving as the U.S. Minister to France from 1785 to 1789. Broadscale pasta-making did not occur until the Italian immigration of the late 19th century.

True or False?

You should always add oil to your water. FALSE. Oil has the unwanted effect of coating the pasta so the sauce will not stick.

You should always add salt to your water. TRUE. Add plenty of salt, about 2 tablespoons of kosher (coarse) salt per pound of pasta. This may seem like a lot, but it is necessary for getting the pasta properly seasoned.

You should begin with hot water. FALSE. Always begin with COLD water.

You should drain pasta VERY WELL. FALSE. Never, Never Over Drain Pasta. EXCEPTION: Except when saucing with thin or brothy sauces such as fresh tomato or seafood, pasta needs to be moist to combine well.

How To Measure Pasta - Pasta Equivalents

Most dried pasta doubles in volume when cooked. The general rule is one pound of dry pasta or freshly made pasta will serve six as an appetizer or four as a main course. **Remember** - Shapes may vary in size according to the manufacturer, so use these measurements as generalizations.

The easiest way to measure pasta is to use your digital scale.

4 ounces of uncooked pasta (elbow macaroni, shells, rotini, cavatelli, wheels, penne, or ziti) = 1 cup dried pasta = 2 1/2 cups cooked pasta.

4 ounces of uncooked pasta (spaghetti, angel hair, vermicelli, fettuccine or linguine) = a 1-inch diameter bunch of dry pasta = 2 cups cooked pasta.

True or False?

You should never rinse pasta. TRUE. Do NOT Rinse Pasta: **EXCEPTION:** Do rinse the wide pasta, such as lasagna noodles. If you don't, you will have a hard time separating the noodles without tearing them. Also rinse when making a cold pasta salad. The thin coat of starch on the pasta will be sticky when cold.

You should not cook pasta ahead of time. FALSE. Cook the pasta as usual, cook it only until al dente. Drain, rinse under cold running water to stop the cooking, and again drain thoroughly. Let pasta cool completely, then toss with a couple of teaspoons of oil so it won't stick together. Pasta can be stored in sealed bowl in the refrigerator for up to three days. To reheat: Microwave the pasta in the storage container on HIGH for 1 to 3 minutes, tossing the pasta halfway through.