**Foods and Nutrition**

**Unit 8: Pasta/Grain**

**8.1 Pasta/Grain**

1. Pasta
2. Types of pasta
3. Over 100 varieties
4. Different shapes, sizes, flavors
5. Color reflects flavor (green is spinach)
6. Fresh or dried
7. Quality characteristics of pasta
8. Flour: high protein semolina flours are best for making pasta (this is high in gluten)
9. Freshness: pasta should be hard and brittle when purchases. It should snap cleanly.
10. Purchasing pasta
11. Dried: tube, flat, and shaped pasta available in bags and boxes. Should be brittle.
12. Fresh: labor intensive to make. Can be purchased in frozen form.
13. Storing pasta
14. Dried: store in a dry place between 50-70 degrees
15. Fresh: wrap tightly and keep in the refrigerator
16. Boiling Pasta
17. Use 1 gallon of water for each pound of pasta. Make sure pot is large enough so it doesn’t boil over
18. Bring water to boil and then add pasta
19. Stir occasionally
20. Test pasta for doneness. It if cuts easily with a fork it is done
21. Al dente – “to the bite”- tender but firm when bitten into
22. Drain pasta. If for a cold dish, rinse to stop cooking process. If for hot dish, just drain.
23. Baking pasta
24. Pasta is partially cooked before it is layered or stuffed
25. Other ingredients are added and the dish is baked
26. Rice and Other Grains
27. Types of Rice
28. Grain types: short-grain, medium-grain, long-grain
29. Brown rice, white rice
30. Converted (parboiled)rice (instant rice)
31. Specialty rice like basmati
32. Other grains
33. Barley, oats, wheat products, corn products, quinoa, couscous
34. Cooking rice and other grains
35. Boiling grains: add grains to slightly salted boiling water and simmer until tender
36. Steaming grains: add boiling water to grain. Cover and cook until liquid is absorbed.
37. Pilaf method: sautéing the grain in oil or butter before adding liquid