Recipe: **Spicy Red Pasta with Lentils** Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yield: \_\_\_2-3\_\_\_ people Oven Temp: \_n/a\_\_ °

***Small Saucepan***

10mL Oil

8mL Minced Garlic

30mL Carrots, Minced

30mL Diced Tomatoes

250mL Tomato Sauce with Seasoning

15mL Tomato Paste with seasonings

2mL Chili Flakes

3mL Dried Oregano

3mL Dried Basil

5mL Sugar

10mL Parmesan Cheese

125mLCanned Lentils

***Large Saucepan***

Boiling Water

375mL Pasta

*Pasta Noodles*

1. Fill a large saucepan 2/3 full with water then bring to a boil on high heat with lid on. Use back burner when available.
2. When water is boiling remove the lid and place pasta into the water
3. Cook pasta on high heat with lid off for 10 -12 minutes or until "al dente".

*Pasta Sauce*

1. Heat oil in a small saucepan over medium heat.
2. Add minced garlic, minced carrots and diced tomatoes. Sauté for 3 minutes, stirring frequently.
3. Stir in tomato sauce, tomato paste, canned lentils, pinch salt, chili flakes, oregano, basil, sugar and parmesan cheese.
4. Bring to boil over medium heat then immediately lower heat to a simmer and continue to simmer with lid on while stirring often.
5. Watch that sauce does not become too thick. Thin sauce with a small amount of water if needed before returning lid.

**Al dente**:

meaning to describe pasta that is finished cooking. It is firm yet chewy when bitten into

1. Drain cooked pasta in a colander and don't rinse. Place pasta back in the pot.
2. Toss cooked pasta and sauce together then enjoy.

Equipment on tray: Pasta: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Person B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**QUESTION:**

1. Fill in the sentence:

When cooking pasta the pot should be filled \_\_\_\_\_\_\_\_ full and placed on the \_\_\_\_\_\_\_ burner with the lid \_\_\_\_\_\_\_\_\_ and the temperature on \_\_\_\_\_\_\_. Once the water is boiling the pasta is added and the temperature is left on \_\_\_\_\_\_\_\_\_ and the lid is \_\_\_\_\_\_\_\_\_.

Use Pasta 101 Handout

1. The main ingredient in most pasta is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ flour.
2. All pasta are high in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and B vitamins, thiamin

and riboflavin.

1. Which type of pasta are best for thinner sauces? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Which pasta are best for thicker or hearty sauces?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Which types of pasta can be stuffed?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Explain why someone would choose to include oil in their boiling water when cooking pasta?
5. Why do some chef’s prefer to leave the oil out when boiling water?
6. Describe the tests for doneness of pasta

Don’t fill your sink with water until after you have had a chance to drain your lentils + drain your pasta!!!