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

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

***Small Saucepan***

10mL Oil

8mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

30mL Carrots, Minced

30mL Diced Tomatoes

250mL Tomato Sauce with Seasoning

15mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2mL Chili Flakes

3mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3mL Dried Basil

5mL Sugar

10mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

125mL Canned Lentils

***Large Saucepan***

Boiling Water

375mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Pasta Noodles*

1. Fill a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with water then bring to a boil on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with lid on. Use back burner when available .
2. When water is boiling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and place pasta into the water
3. Cook pasta on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_\_\_\_\_ for 10-12 minutes or until "al dente"

*Pasta Sauce*

1. Heat oil in a small saucepan over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Add minced \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, minced \_\_\_\_\_\_\_\_\_\_ and diced \_\_\_\_\_\_\_\_\_\_\_\_\_\_. 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. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ over medium high heat then immediately \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ if needed before returning lid.

**Al dente**:

1. Drain cooked pasta in a \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Place pasta back in the pot.
2. Toss cooked pasta and sauce together then enjoy.

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

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

 Housekeeper:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with water until after you have had a chance to drain your pasta!!!