

TIPS ABOUT PASTA

How to Cook a Paste



Cooking a pasta has to be in a lot of boiling salty water with 1 liter of water and 1 tablespoon of salt for every 100 g of dough.

Add salt to the boiling water just before the pasta, making it important that the pan is large enough for the water to keep moving while boiling

and to ensure that the pasta moves while cooking and not sticking.

On the other hand, as the pasta releases starch while cooking the amount of water used in relation to the pasta is significant, because if it is too little the pasta will stick together and will not cook properly.

The pasta should slide smoothly through your hands into the water rather than in portions and place the long strands into the water by gently bending them.

Then cover the pan so that the water returns to the boiling point as soon as possible and remove the lid and loosen the dough with a fork.

Never put olive oil or other oil in the water unless you cook large pieces of lasagna that may stick together.

Setting the cooking time is very important as a minute or so can have a decisive influence on the quality of a dish.

The fresh egg pasta cooks in a few minutes, so make sure the sauce is ready before you start cooking the pasta and the guests are at the table, and the pasta is ready when al dente.

When the pasta is cooked, remove the pan from heat and add a glass of cold water to it, to stop the cooking process and wait for half a minute before draining.

On the other hand, you should not wash the pasta in running water or it will lose flavor and nutrients.

The pasta cooking water should be set aside to adjust the sauce, as the freshly drained paste continues to absorb moisture, so a sauce that had the ideal consistency before being added can suddenly become very thick.

Finally, take care that when serving the pasta is not too dry and not drowned in excess of sauce.

Pasta Sauce Combinations



Although the combinations are almost unlimited, the following are some suggestions for optimizing taste and improving digestion:

1. Thin strips of egg pasta like tagliolini are usually served with truffles, butter and Parmesan cheese or light sauces of fresh tomatoes;

2. Thick strip pastas such as tagliatelle, fettuccine and pappardelle are good with tomato, mushroom, cheese, ham, fish and bolognese sauces;

3. Flat-length long-pasta pastes such as trenette and linguine combine best with pesto and tomato, meat and fish sauces;

4. Long pastas such as spaghetti, lasagnette and festone blend best with tomato-based minced sauces and served on platters;

5. Long and short tubes like rigatoni are made for overcooked tomato sauces and other meat sauces;

6. Small cuts of pure semolina pasta such as cavatelli and orecchiette are very good with vegetable sauces such as broccoli, cauliflower, chicory, artichoke, etc. and with seafood; and

7. Stuffed pastas such as ravioli and tortellini only need simple sauces like roast beef or butter and sage or a simple tomato sauce.

How to Eat a Paste



If it is long pasta stir with the fork as soon as you reach the table to distribute the sauce evenly.

Then lift some wires, turn the fork to wind the wires and take the mouth.

Never let the wires hang in the mouth, do not cut the wires that hang with the teeth.

The use of a spoon with a fork is considered to be rude by Italians.