

Food Storage Recipe Club

“Lots-A Pasta”

Provident Living Quote – “Without self-reliance one cannot exercise these innate desires to serve. How can we give if there is nothing there? Food for the hungry cannot come from empty shelves. Money to assist the needy cannot come from an empty purse. Support and understanding cannot come from the emotionally starved. Teaching cannot come from the unlearned. And most important of all, spiritual guidance cannot come from the spiritually weak” (Marion G. Romney, Ensign, November 1982).

Year Supply of Pasta: Approximately 35 pounds per person is suggested. Pasta meals are comfort food for families and especially children. Pasta is nutritious and is a good source of B vitamins, iron and niacin. It is very low in sodium and is cholesterol free. Because pasta comes in many shapes and sizes it helps add interest and meal appeal. Cooking pasta is extremely energy efficient, quick to prepare and inexpensive.

Storing Uncooked Pasta – Store pasta in a cool, dry place. Pasta can be stored 6-8 years or even longer. Keep pasta in its original packing. Follow the “first-in, first-out” rule: Use up packages you have had the longest before opening new packages.

Cooking Pasta - In a large pot, heat 4 to 6 quarts of water to boiling for one pound of dry pasta. You can adjust this amount depending on how much pasta you are cooking. Add salt, if desired, allowing 1 tablespoon of salt for every pound of pasta. When the water reaches a hard, rolling boil, add the pasta gradually, stirring at the same time. Allow the water to return to a boil. Salt added to water is an optional ingredient and a matter of taste (salt gets water to a higher temperature). Stir the pasta occasionally during cooking, to prevent sticking. Do not cover the pasta. Follow the package directions for cooking times. Each manufacture has tested their brands and shapes for the best cooking times. If the pasta is to be used as part of a dish that requires further cooking, slightly undercook the pasta. Use a long-handled fork or spoon to taste for doneness. Perfectly cooked pasta is “al dente,” or firm to the bite, yet cooked through. Drain pasta in a sturdy colander and toss immediately with sauce.

Rinsing Pasta – The only time you should rinse pasta after draining is when you are going to use it in a cold dish, or when you are not going to sauce and serve it immediately. In those cases, rinse the pasta under cold water to stop the cooking process, and drain well.

Keeping Pasta From Sticking – Use plenty of water (4-6 quarts for each pound of pasta) and don’t overcook it. Follow the directions for cooking times. Once the cooked pasta is drained add a little olive oil to it.

Reheating Pasta – To reheat cooked pasta, portion out the amount you need and place in boiling water. For extra-easy draining, you can place the pasta in a stainless steel colander or strainer and then submerge in boiling water. Count 40 to 60 seconds. Drain the pasta well, toss with sauce and serve immediately. Pasta can also be reheated in the microwave oven. Reheat single servings on high for 45 seconds at a time, checking between intervals for doneness.

Sauce and Pasta – When pairing pasta with a sauce, remember that thin, delicate pastas, like angel hair or thin spaghetti, are better served with light, thin sauces. Thicker pasta shapes, like fettuccine, work well with heavier sauces. Pasta shapes with holes or ridges, like mostaccioli or radiatore, are perfect for chunkier sauces.

Basic Pasta

By Sylvia Bevan

1 egg, beaten
1 teaspoon salt
¼ c. water or milk
1 c. flour, appro.

Combine egg, water or milk, salt. Add enough flour to make stiff dough. Just so it no longer sticks to your hands. Knead a few minutes. Roll out on floured surface until desired thickness, and let dry about 3 hours. Cut into strips any size you choose. Drop into boiling soup or boiling, salted water and cook, uncovered about 20-30 minutes. Makes about 3 cups cooked noodles

Basic Egg Pasta

3-4 servings:	5-6 servings:
2 ¼ cups flour	3 cups flour
3 large eggs	4 large eggs

Put flour on a pastry board and make a well in the center. Break eggs into well; beat with a fork. Draw some flour from inner rim of well over eggs, beating constantly. Keep adding flour a little at a time until you have a soft dough. Scrape board of bits and pieces. Lightly flour board with your hands. Knead dough 10-12 minutes, adding flour a little at a time until dough is smooth and pliable. Insert a finger into center of dough. If it comes out almost dry, dough is ready. Wrap dough in plastic wrap and let rest for at least 30 minutes. With a pasta machine or by hand roll dough out to desired thinness. Use machine or knife to cut into strips of desired width.

Basic Spinach Pasta Dough

1/3 of a 10 oz package of frozen spinach
2 cups flour
2 large eggs

Cook spinach according to package instructions. Drain thoroughly. Squeeze spinach to remove as much moisture as possible. Chop spinach VERY fine. Put flour on a pastry board and make a well in the center. Break eggs into well; beat with a fork. Add chopped spinach and beat to combine. Continue as for Basic Egg Pasta Dough.

NO-DRAIN METHOD FOR COOKING PASTA

Spaghetti and macaroni taste better if cooked in just the right amount of water so that no draining is needed. Also, cooking is faster because you don't have to heat up all that excess water plus nutrients are not lost as in drained water. Just remember to use less salt (by about half) than specified by the recipes that tell you to drain. Remove the pot from the heat when just a little unabsorbed water remains and allow a few minutes for this water to absorb. The following is a guide for water requirements:

1 volume of macaroni requires 2 - 2 1/4 volumes of water.
1 std. 7 1/4 oz. macaroni and cheese dinner requires 2 1/2 c. of water.
1 std. 8 oz. pkg. spaghetti dinner requires 2 1/2 c. of water.

If adding a spaghetti sauce to your spaghetti or macaroni, prepare it right in the same pan.

Ready1 told us (my mom and I) that you can cook your noodles with less fuel buy bringing it to a boil and covering it with a lid. Whatever time you usually cook 1.5 times it and use that time now. So if it takes 10 minutes to cook your pasta, cook it for 15 with power (gas/electricity) off and lid on. I bet it would be perfect this way too!