

PERFECT PASTA

INGREDIENTS



salt



1 (1lb) box dried pasta
of your choice

STEPS

1



Fill a large pot with water.
Add 1 Tbsp of salt.

2



Bring pot of water to a
rolling boil. (See Featured Skill:
Watch for the 3 stages!)

3



Add pasta. Examine the
pasta box for cook time. Set
your timer to the beginning of
this range.

4



Taste pasta to test for
doneness. Cook until preferred
texture is achieved. Drain pasta in
colander with the help of an adult.



**Cook! Prepare pasta with perfect texture.
Create! Pair it with a simple sauce or cheese.**

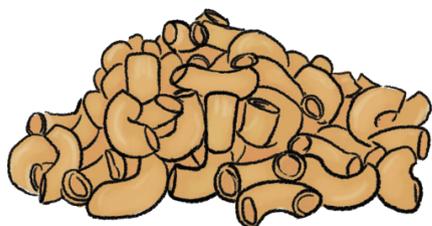
FEATURED SKILL: SIMMERING & BOILING

3 Stages of Heating Water:

- 1 Quiver** Water trembles and tiny bubbles appear at the bottom, but do not rise.
- 2 Simmer** Small to medium bubbles burst often across the surface of the pot.
- 3 Boil** Large, constant bursting bubbles are visible. Water has reached 212°F. A rolling boil is achieved when bubbles are extremely rapid – add pasta now!



FUN BITES



- **Al Dente** The longer you cook pasta, the softer it becomes. Pasta that is firm to the bite is called *al dente*. This translates to “to the tooth” in Italian.
- **Salty Water** Pasta absorbs liquid while it cooks. Add a generous amount of salt to your pasta water to enhance the flavor of the noodles.
- **Fresh vs. Dried** Dried pasta is made with flour and water. Fresh pasta can be prepared by kneading together flour and egg.

PASTA WITH FRESH PESTO

- 1** Prepare 1 lb. of pasta.
- 2** While pasta cooks, add 2 cups fresh basil leaves to food processor or blender.
- 3** Add 2 peeled garlic cloves, 2 Tbsp walnuts or pine nuts, ½ cup olive oil, and ½ cup grated Parmesan cheese.
- 4** Blend until smooth and season to taste. Toss pasta with pesto and top with additional Parmesan.



Boil is This Fun!