

## PASTA


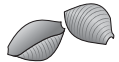


# Pasta Primer


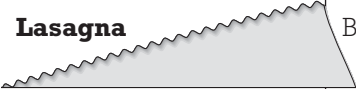




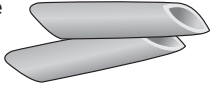






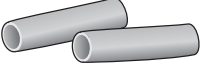
**P**asta comes in many sizes, shapes, even colors; there are cords, tubes, ribbons, and special shapes like shells, wheels, and even butterflies. Two pastas, ravioli and tortellini, have fillings. When marrying sauce to pasta keep in mind a simple rule: the longer the pasta, the thinner the sauce. That means, use light sauces for delicate pastas like angel hair and chunky, heavier sauces for sturdy pastas like fusilli. One exception is fettuccine, which works best with thick cream sauces. Cooking times depend not on the size or length of the pasta, but on its thickness.

## Fresh vs. Dried

Both fresh and dried pastas have their own virtues. Fresh pasta, which is usually made with all-purpose flour and eggs, is lighter and richer than dried pasta and shines when matched with light sauces. Fresh pasta is best when eaten the day it is made but can be stored in the refrigerator for about 4 days.

Dried pasta is made with a harder flour than fresh pasta and is, in most cases, suited to more robust sauces, for example, tomato and sausage, carbonara, or puttanesca sauces. Whenever possible, use imported Italian dried pasta, which is higher in quality than most domestic dried pastas. It doesn't absorb too much water and is pleasantly firm.

| Name  | Translation             | Serve with                         | Cooking Time                         |
|---|-------------------------|------------------------------------|--------------------------------------|
| <b>Capelli d'angeli</b><br> | Angel hair              | Light marinara or oil-based sauces | Fresh: 2 minutes<br>Dry: 5 minutes   |
| <b>Conchigliette</b><br>   | Little shells           | Seafood sauces; marinara           | Fresh: 3 minutes<br>Dry: 7–9 minutes |
| <b>Farfalle</b><br>        | Butterflies or bow-ties | Pesto or other oil-based sauces    | Fresh: 3 minutes<br>Dry: 7–9 minutes |
| <b>Fettuccine</b><br>      | Small ribbons           | Cream or oil-based sauces          | Fresh: 3 minutes<br>Dry: 9 minutes   |

| Name  | Translation    | Serve with  | Cooking Time                           |
|---|----------------|---|--|
| <b>Fusilli</b>       | Twists         | Marinara or pesto sauce                                       | Fresh: 3 minutes<br>Dry: 10 minutes    |
| <b>Lasagna</b>       | Broad-leafed   | Layered with cheese and tomato sauce and baked                | Fresh: 4 minutes<br>Dry: 10 minutes    |
| <b>Linguine</b>      | Little tongues | Marinara or oil-based sauces                                  | Fresh: 2–3 minutes<br>Dry: 5–7 minutes |
| <b>Macaroni</b>      | Elbows         | Butter, cheese, and milk                                      | Dry: 9 minutes                         |
| <b>Manicotti</b>     | Muffs          | For stuffing and baking; marinara or cream sauces             | Fresh: 3 minutes<br>Dry: 7 minutes     |
| <b>Orecchiette</b>   | Little ears    | Marinara or oil-based sauces                                  | Fresh: 3 minutes<br>Dry: 7 minutes     |
| <b>Penne</b>         | Pens           | Hearty marinara with sausage; baked with cheese               | Fresh: 3–4 minutes<br>Dry: 7–9 minutes |
| <b>Radiatore</b>    | Radiators      | Pesto or cream sauces   | Fresh: 3 minutes<br>Dry: 7–9 minutes   |
| <b>Ravioli</b>     | Ravioli        | Depending on filling, light cream sauce or butter or Parmesan | Fresh: 4 minutes                       |
| <b>Ruote</b>       | Wheels         | Hearty marinara; cream sauces                                 | Fresh: 3 minutes<br>Dry: 7 minutes     |
| <b>Spaghetti</b>    | Strings        | Any sauce; meatballs  | Fresh: 2–3 minutes<br>Dry: 7–9 minutes |
| <b>Tortellini</b>  | Little twists  | Depending on filling, light cream or oil-based sauces         | Fresh: 4 minutes<br>Dry: 7–9 minutes   |
| <b>Vermicelli</b>   | Worms          | Fresh tomato sauce  | Fresh: 2 minutes<br>Dry: 5 minutes     |
| <b>Ziti</b>        | Bridegrooms    | Hearty marinara or cream sauces                               | Dry: 10 minutes                        |