



How to Cook Perfect Pasta

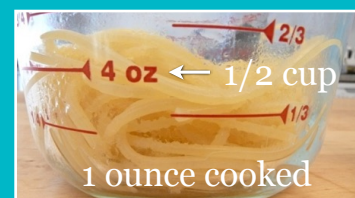
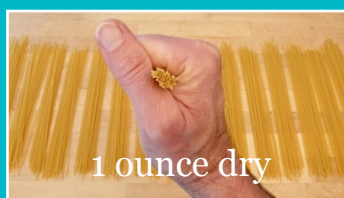


Tips: This recipe demonstrates how to cook pasta to “al dente” doneness, which is an Italian term meaning “to the teeth” or slightly firm when chewed, not soft and mushy.

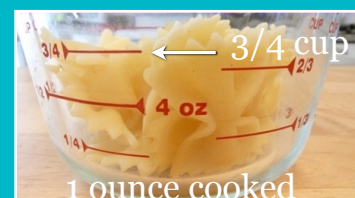
How much water do you really need to cook pasta? Cooking instructions on pasta packages usually call for using a big pot filled with water to cook about 1 pound of pasta, but that’s not necessary. Heating a huge pot of water takes a lot of time and energy. All you need is a medium sized (3-4 quarts) pot filled 2/3-3/4 full with water to cook 1 pound of pasta.

Serving Size: Plan to use 1 ounce of dry pasta per person as a side dish and 2 ounces of dry pasta per person as a main dish. To get a visual idea of what 1 or 2 ounces of dry pasta looks like, as well as how much cooked pasta 1 ounce of dry pasta yields, see the photos directly below.

THIN SPAGHETTI



BOW TIE PASTA



Cooking Pasta to Perfection

Cooking Time: 10-20 minutes, including time to bring water to a boil, depending on pasta type

Needed (For 4 or More People):

- 1/2 pound of pasta
- 1/2 to 1 teaspoon salt (optional)
- Medium (3-4 quart) pot
- Teaspoon
- Timer
- Big spoon
- Colander or strainer

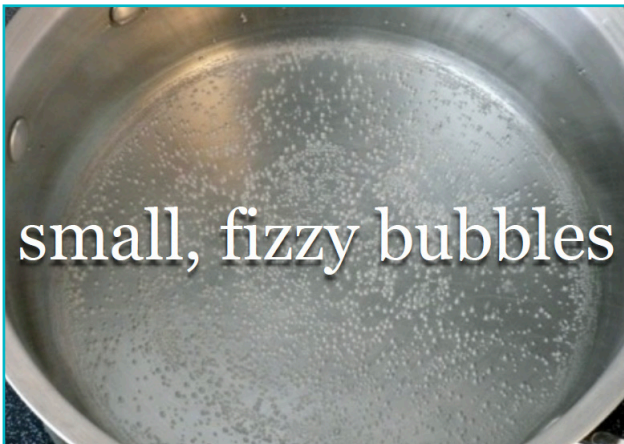




1. Fill a medium-sized pot 2/3 to 3/4 full with cold tap water. Put the pot on the stove and turn on the burner to high.



2. Let the water come to a rapid boil, not just a small bubble boil, to ensure the pasta cooks properly to desired doneness.



small, fizzy bubbles

NOT a full boil



big, rapid bubbles

Full boil