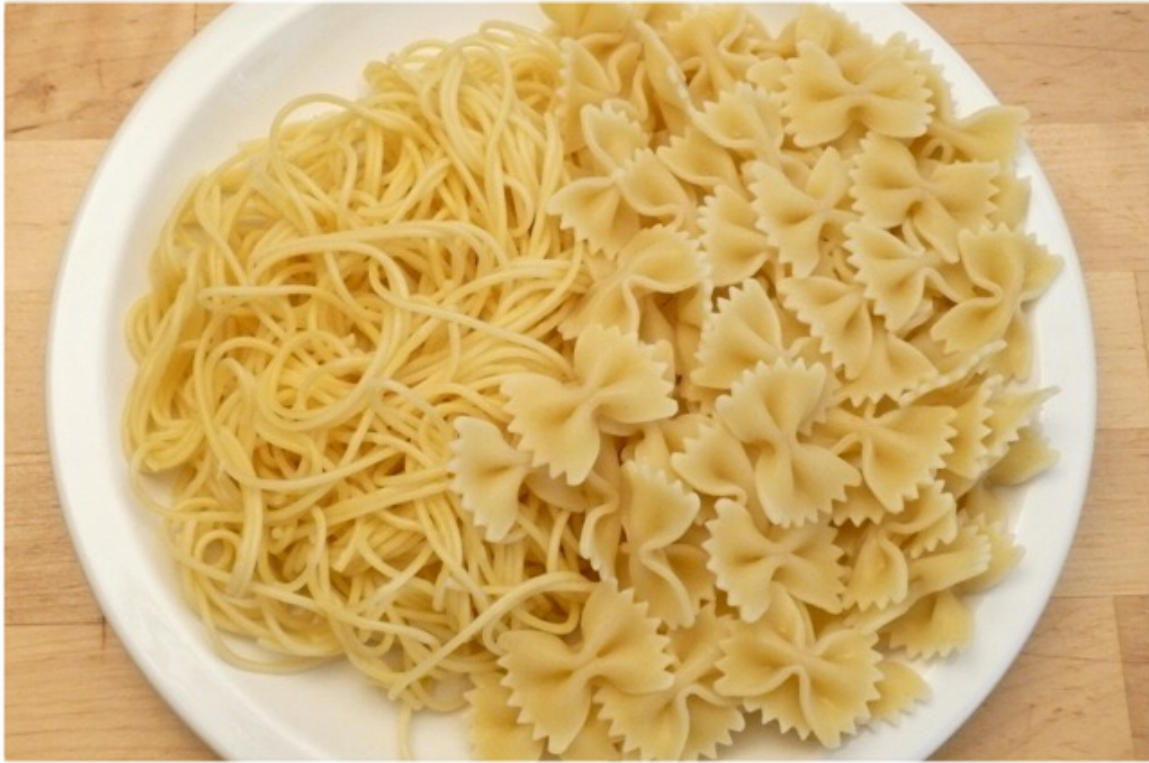


# How to Cook Pasta to Perfection



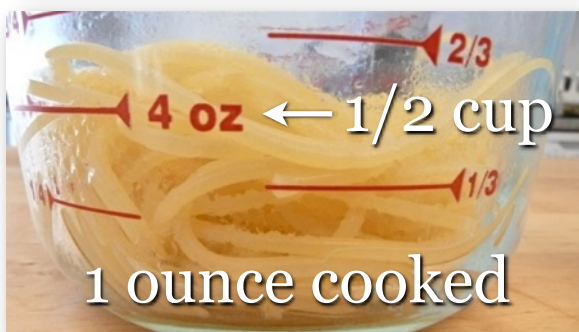
## TIPS:

1. This recipe shows 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.
2. **How much water do you really need to cook pasta?** Cooking instructions on pasta packages usually call for using 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 really need is a medium sized (3-4 quart) pot filled 2/3 - 3/4 full

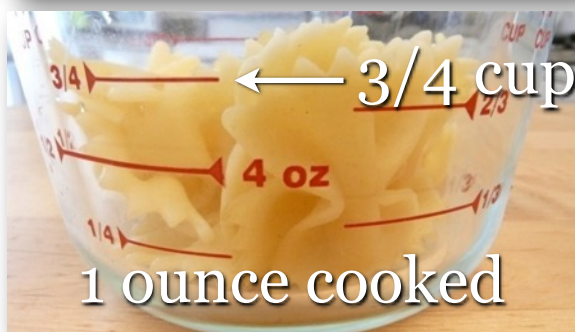
with water to cook 1 pound of pasta.

3. **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. (I usually cook more pasta than I'll need for a specific meal and store the leftover pasta in the refrigerator as shown in step 8.)

thin spaghetti



bow tie pasta





**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 - 1 Teaspoon Salt (optional - adds flavor to pasta)**

Medium (3-4 quart) Pot

Teaspoon

Timer

Big Spoon

Colander or Strainer



1. Fill a medium sized pot  $\frac{2}{3}$  -  $\frac{3}{4}$  full with cold tap water.



Put the pot on the stove, and turn on the burner to HIGH heat.



2. Let the water come to a rapid, big bubble boil as shown in the **full boil** photo below left, not just a small bubble “soda fizz” boil shown in the **NOT a full boil**

photo below right, to help ensure the **pasta** cooks properly to desired doneness.



**full boil**



**NOT a full boil**

3. When the water comes to a full boil, add **1/2 - 1 teaspoon salt** (optional but adds flavor to pasta) and...





...**1/2 pound of pasta.**



thin spaghetti



bow tie pasta

4. Set a timer for the **pasta** cooking time suggested in the cooking directions on the **pasta package** according to desired doneness. **NOTE:** As **pasta** will continue to absorb moisture even after cooking, I set a timer for either the suggested “al dente” cooking time on the pasta package or 1 minute less than the recommended cooking time if “al dente” is not mentioned in the cooking directions.

Perfect Pasta Guide			
Servings	Pasta	Water	Salt
2	1/3 box	2 quarts	1 tsp.
3	1/2 box	3 quarts	2 tsp.
6	Full box	5 quarts	1 Tbsp.
al dente 9 min.		firm 10 min.	tender 11 min.

(Pasta package cooking directions example from Ronzoni brand thin spaghetti)

5. Stir the **pasta** just as it starts to cook to ensure that the **pasta pieces** don't stick together or to the bottom of the pot. Then...



thin spaghetti



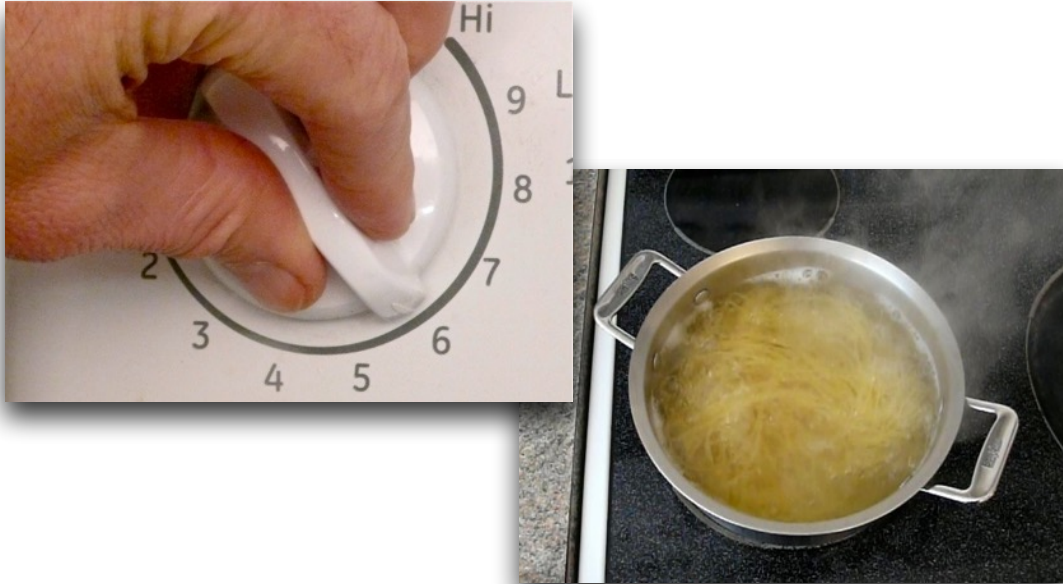
bow tie pasta

...let the water return to a full boil, and...





...turn the burner heat down to MEDIUM-HIGH to allow a gentle boil and keep the hot water from boiling over the pot.



6. While the **pasta** cooks, put a colander or strainer in the sink.





7. When the timer sounds, give the **pasta** a quick stir, and...



thin spaghetti



bow tie pasta

...carefully pour the **cooked pasta** into the colander or strainer in the sink **WITHOUT** rinsing with cold water and...



thin spaghetti



bow tie pasta

...serve warm.



8. Store **leftover pasta** in either a bowl covered with plastic wrap or covered container and...



...refrigerate for up to 1 week.





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