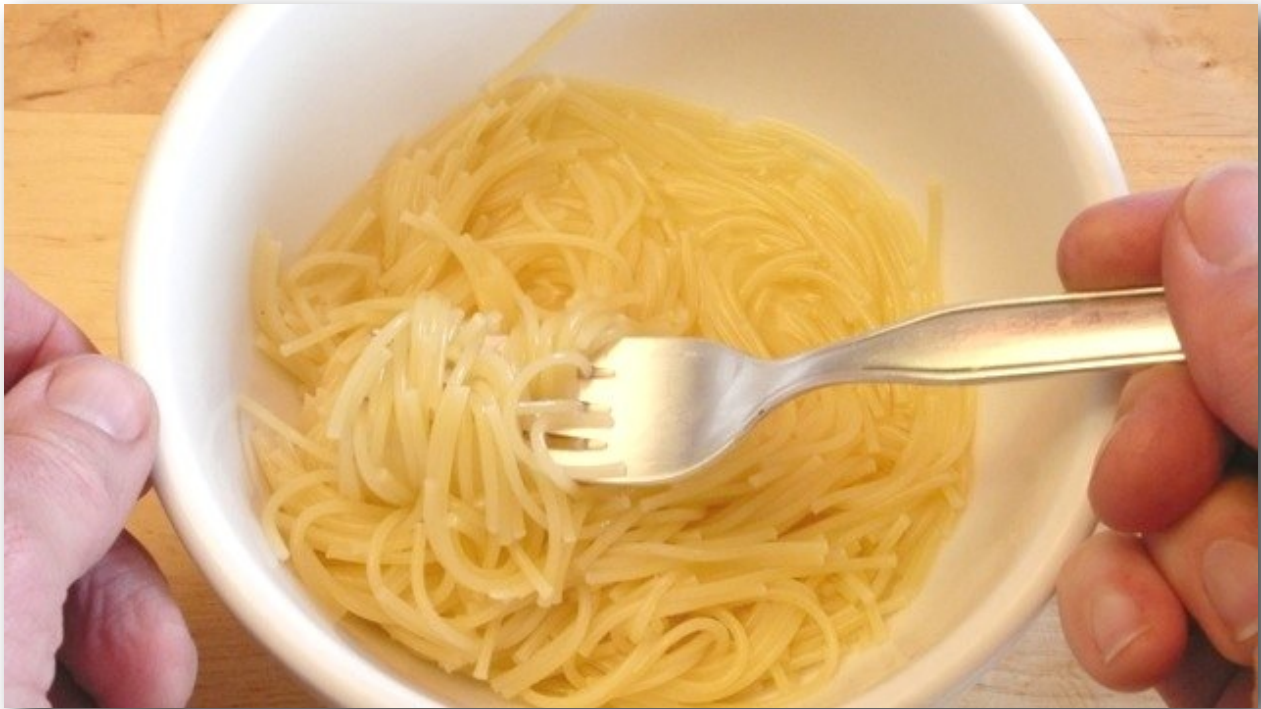


Microwave Oven Cooked Pasta

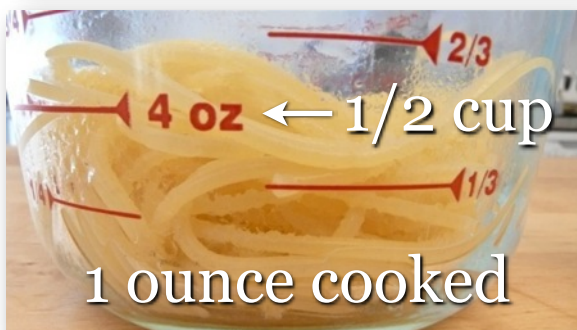


TIPS:

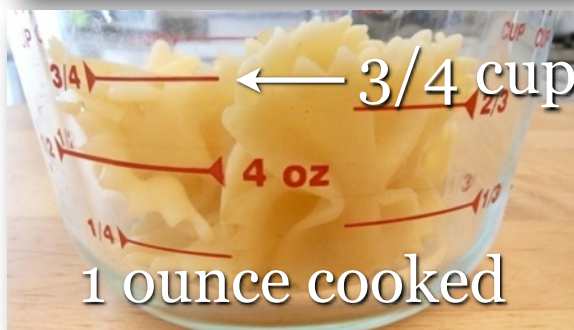
1. Cooking **pasta** in the microwave oven works best both for pasta that requires 6 minutes or less cooking time and when making only 1-2 servings. If the pasta you're using requires more than 6 minutes cooking time or you're making pasta for more than 2 servings, I recommend using the standard stove cooked method for both practical and safety purposes.
2. This recipe shows how to cook pasta to **"al dente"** doneness, an Italian term meaning "to the teeth" or slightly firm when chewed, not soft and mushy.

3. **Serving Size:** The USDA recommended serving size is 1 ounce of dry pasta per person. 1 ounce of dry pasta yields $\frac{1}{2}$ - $\frac{3}{4}$ cup cooked pasta depending on pasta shape (spaghetti, linguine, bow tie, etc.). As a rule of thumb, plan 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



Preparation Time: 1-2 minutes

Cooking Time: according to the package cooking directions

Needed

1 - 2 Servings of Your Favorite Pasta Shape (that cooks in 6 minutes or less)

Light Dash of Salt (optional but brings out pasta flavor)

Water

Microwave Oven Safe Bowl

1 Sheet of Paper Towel

Fork

Potholder or Folded Dishtowel



1. Remove **1-2 servings of pasta** from the pasta package.



Break the **pasta**, if needed, to fit into a microwave oven safe bowl. (I used thin spaghetti and broke the pieces into thirds so they fit into the bowl as shown in the third picture below.)



2. Add a **light dash of salt** (optional but does add flavor to the cooked pasta).



3. Cover the **pasta** generously with **cold tap water**.



4. Wet and squeeze dry a sheet of paper towel. Then...



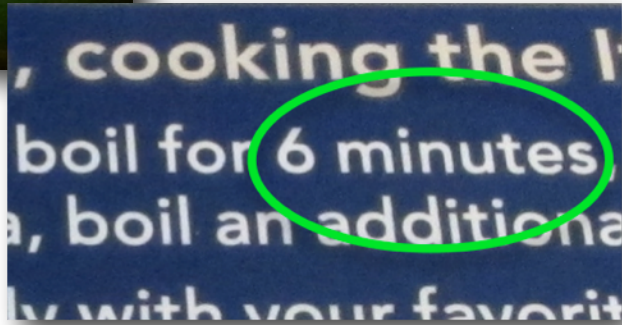
...unfold the wet paper towel, and use it to cover the top of the bowl containing the **pasta** and **water**.



5. Put the covered bowl in the middle of the microwave oven and...



...cook with your microwave oven HIGH heat or 100% power using the *recommended cooking time on the pasta package*. (My pasta package recommended 6 minutes cooking time.)



6. When the cooking time has passed, carefully remove the hot bowl from the microwave oven with a potholder or folded dishtowel.



7. Remove the paper towel, and check the **pasta** for doneness. The **pasta** is done when it is soft but still slightly firm when chewed (“al dente”) and looks about as shown in the picture below on the right.



If, however, your **pasta** looks firm and dry about like this,...



...add **more cold tap water**, cook in the microwave oven at 1-minute intervals, without covering with a paper towel, until the **pasta** is done as described and shown above.



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Gotta' Eat, Can't Cook

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