



“The Wooden Spoon”

A cooking school dedicated to providing instruction on using recommended home storage commodities.

Section 3

Rice & Pasta

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Rice

Rice is a good source of energy and can supply vitamins and minerals to the diet. Its edible seed is the staple cereal grain for more than half of the world's population. Rice is generally classified as a grain, but in family meals it can be used as a cereal, a vegetable (substitute for potatoes, as a base for meat, or in soups), or as a dessert (puddings and custards).

There are 7,000 varieties of rice in the world, but generally only three different lengths of rice grain and five different kinds. Long grain white rice is the only rice recommended for long term food storage.

Kinds of Rice

- Brown Rice is the whole, unpolished grain of rice with only the outer fibrous, inedible hull removed. Brown rice requires more water and longer cooking time than white rice. It has a delightful, chewy texture with a distinctive nut-like flavor. Brown rice shelf life is very short, thus it is not good for long term storage.
- Regular milled white rice is rice from which hulls, germ, outer bran layers and most of the inner bran are removed in the milling process. The grains are bland in flavor and are fluffy and distinct when cooking directions are followed.
- Parboiled rice, sometimes called processed or converted rice, has been treated to keep some of the natural vitamins and minerals the whole grain contains. It has been cooked before milling by a special steam pressure process. It requires longer cooking time than regular milled white rice, but after cooking the grains are fluffy, separate, and plump.
- Pre-cooked or instant rice, quick type, is completely cooked. It needs only to stand in boiling water to be ready for serving. Cooking this product will result in a gummy, indistinguishable mass.
- Fortified or enriched rice is a combination of highly fortified rice and ordinary milled rice. A coating of vitamins and minerals – thiamine, niacin, iron, and sometimes riboflavin – is used to fortify rice. This coating adheres to the rice and does not dissolve with ordinary washing or cooking.
- Wild rice is not rice at all, but the seed of a wild water grass found around the Great Lakes region. It is much more expensive than the types of rice described above. The demand for this rice is almost greater than the supply.

Cooking Extra Rice

- To save time later, cook up some extra rice and save it. Simply store the cooked rice in an airtight container in the refrigerator for up to one week or in the freezer for up to six months. To reheat chilled or frozen rice, in a saucepan

add two tablespoon liquid (water, broth, etc.) for each cup of rice. Cover and heat on top of the range about five minutes or until the rice is heated through.

Using Rice

- Cook rice in beef or chicken broth instead of water.
- Mix cooked rice with a variety of things—sliced mushrooms, sautéed onions, crumbled piece of bacon, slivered almonds or grated cheese.
- For rice breakfast cereal, cook rice as usual. Drizzle with honey for sweetener. Then add chopped fruit, fresh or canned. Serve with warm milk.
- Substitute $\frac{1}{2}$ c. fruit juice (orange, apple, cherry) for $\frac{1}{2}$ c. water when cooking. Vegetable juice cocktail or tomato juice may also be exchanged for one cup of water used in cooking.
- Add one of the following herbs to the cooking water when preparing rice: $\frac{1}{2}$ tsp. Dried thyme, oregano, sage, rosemary, basil, or savory; $\frac{1}{2}$ tsp. Celery seeds or dried dill; seasoned salt instead of salt; $\frac{3}{4}$ tsp. Dried marjoram; 1 small bay leaf.

Storing Rice

- Rice should always be stored in a cool, dry, and if possible, semi-dark place. Coolness inhibits insect infestation, dryness wards off mold, and darkness limits vitamin loss.
- Dry packed rice has a shelf life of three to four years.
- By contrast with regular milled white rice, brown rice is not a pantry perennial. The oxidation of the oil in the bran cause rancidity and dictates a highly abbreviated shelf life: six months, if you are lucky.
- Refrigerating or freezing brown rice in self-seal plastic bags will extend that storage time considerably, but make sure to check the contents regularly. The bags must be completely airtight or moisture buildup will occur inside the packet.

Cooking Methods for Long-grain White Rice

- Stove-top Method: Bring two parts water to one part grain to a boil. Reduce heat to simmer and cover. Simmer for 20 minutes. Remove from heat, let stand for five minutes, fluff with fork, and serve.
- Slow Cooker Method: Pour four cups long grain rice, 10 cups water and four tsp. Salt into slow cooker that has been greased with one tablespoon butter. Cover. Cook on high two to three hours, or until rice is tender, but not overcooked. Stir occasionally. Makes 10 servings.
- Microwave method: In a two to three quart microwave dish blend together two cups rice, one tablespoon oil, three and a half cups water and one tsp. Salt. Cover and microwave on high for 17-19 minutes. Do not stir or open lid during cooking time. Let stand 5-10 minutes. Fluff with a fork.

Rice Mixes You Can Make At Home

Nine Flavored Rice Pilaf Mix Packets

1 cup long-grain, converted rice
Flavor Packet

2 tablespoons butter
2½ cups hot water

Melt the butter in a heavy saucepan over medium heat. Sauté the rice, stirring constantly, until it takes on a translucent quality; do not let the kernels pop. Slowly stir in the water, then the Flavor Packet; bring to a full boil; cover and lower heat. Simmer 20 to 25 minutes or until nearly all of liquid is absorbed and the rice looks just a bit too moist to serve. Turn off heat and let stand for 10 minutes before uncovering and serving.

Each recipe makes one flavor packet. Also, these recipes are meant for bouillon cubes that mix with 8 oz. of water. If you prefer to substitute bouillon cubes that mix with 6 oz. of water, or powder, you will need to figure the differences accordingly. Three 8 oz. cubes equals four 6 oz. cubes.

Chicken:

3 chicken bouillon cubes, crushed
¼ teaspoon parsley flakes
3 dashes pepper

Beef:

3 beef bouillon cubes, crushed
3 dashes pepper

Onion:

3 onion or beef bouillon cubes,
crushed
2 teaspoons dried minced or
chopped onion
3 dashes pepper

Saffron:

3 chicken bouillon cubes, crushed
1 pinch saffron
1 pinch turmeric

Mushroom:

3 chicken or beef bouillon cubes,
crushed
2 tablespoons dried mushroom
slices, in bits
3 dashes pepper

Oriental:

3 chicken bouillon cubes, crushed
1 onion bouillon cube, crushed
2 teaspoons dried celery flakes
2 teaspoons dried mushroom
slices, in bits
1 teaspoon dried minced onion
Dash of powdered ginger
Add several dashes soy sauce to
boiling water

Celery:

3 chicken bouillon cubes, crushed
3 tablespoons dried celery flakes
3 dashes pepper

Curry:

3 chicken bouillon cubes, crushed
1 teaspoon curry powder

Spanish:

3 chicken bouillon cubes, crushed
2 tablespoons dried green pepper flakes
2 tablespoons dried minced onion
Dash of chili powder
Add 2 tablespoons tomato paste to boiling water

Flavored Rice Mixes

Spanish Rice Mix

4 cups uncooked rice
½ cup Mexican seasoning mix
½ cup dried corn
2 tablespoons parsley
1 tablespoon basil

Vegetable Rice Mix

4 cups uncooked rice
1 envelope vegetable soup mix
2 tablespoons dried minced onion
2 tablespoons dried minced celery
2 tablespoons dried minced bell pepper
1 tablespoon parsley
1 teaspoon salt

Onion Rice Mix

4 cups uncooked rice
1 envelope onion soup mix
¼ cup dried minced onion
1 tablespoon parsley
½ teaspoon salt

Herb Rice

4 cups uncooked rice
½ cup instant nonfat dry milk
¼ cup dried minced celery
2 tablespoons parsley
2 tablespoons thyme
1 tablespoon marjoram

Lemon-Dill Rice Mix

4 cups uncooked rice
¼ cup grated lemon peel
2 tablespoons dill
1 tablespoon chives
¼ cup powdered chicken bouillon
½ teaspoon salt

Chicken-Tarragon Rice Mix

4 cups uncooked long grain rice
¼ cup dry instant chicken bouillon
1 tsp. salt
2 tsp. dried tarragon leaves
2 tsp. dried parsley
¼ tsp. white pepper
2 tsp. dried minced onions
½ tsp. sugar

Combine ingredients specified for each different mix. Store mixes in an airtight container on the shelf for up to 4 months.

To use, mix 1 cup of any of the rice mixes with 2 cups of liquid - either water, broth, juice, or a combination. A tablespoon of butter or margarine is a nice addition. Place the rice, liquid and butter on high heat and bring to a rolling boil. Immediately reduce the heat to very low, cover, and simmer for 15 to 20 minutes or until all the liquid is absorbed.

Other Rice Recipes

Brown Rice Cereal

2½ cups water or milk	½ t. allspice
1 cup brown rice	¼ t. nutmeg
¼ t. salt	¼ cup raisins
1 t. cinnamon	

Bring water or milk to a boil. Stir in rice. Reduce heat. Cover and simmer 45 minutes. Do not remove the lid during cooking or rice will be gummy. Stir in spices and raisins just before serving. Note: To shorten cooking time, soak brown rice in water at least one hour or overnight before cooking.

Breakfast Fruit Compote

2 cups cold, cooked rice	¼ to ⅓ cup apple juice frozen
1 cup pineapple, crushed, drained	concentrate, thawed
1 cup apples, chopped	honey - optional

Combine ingredients. Chill. Delicious for breakfast and snacks.

Three Bear Porridge and Honey

½ cup millet, cracked	½ teaspoon salt
½ cup brown rice	4 cups water
½ cup wheat, whole-kernel, cracked	Bananas, sliced (optional)

Bring salted water to near boiling. Gradually stir in freshly cracked grains (cracked in blender), stirring constantly. Add more wheat for thicker cereal. Serve with bananas and honey.

Ten-Grain Cracked Cereal

Brown Rice	Millet	Oats	Rye
Red Wheat	Flaxseed	Corn	
White Wheat	Buckwheat	Barley	

Crack equal amounts of each grain. Store in freezer.

Bring salted water to boil. Gradually stir in freshly cracked grains, stirring constantly. Remove immediately from heat. Let stand for 5 minutes. Proportion: 3 cups water to 1 ¼ cups grain.

Rice 'n Apple Breakfast

½ cup apple juice	½ t. cinnamon
2 cups cooked brown or white rice	1 to 2 medium apples, peeled, quartered and thinly sliced
1 tablespoon honey, optional	
2 tablespoons raisins	

Combine all ingredients in a medium saucepan. Cover. Simmer 8 to 10 minutes over low heat.

Microwave: use a microwave-safe bowl. Cover and cook on High for 4-5 minutes.

Serve plain or with milk.

Baked Rice

2 tsp. dehydrated onion	1 tsp. oregano
1 cup long grained rice, uncooked	½ cube butter, melted
2 cups hot chicken broth	

Cover onion with water and soak one hour. Mix all ingredients together and cover. Bake at 400° for one hour or until rice is tender. Add more broth, if needed.

Oven-Baked Rice

2 cups rice	1 cup mushrooms
½ cup butter	¼ tsp. rosemary
1 medium onion, chopped	¼ tsp. sweet basil
2 cans beef consommé	Salt and pepper to taste
1 can water	

Melt butter and sauté rice until lightly browned. Add onion and mushrooms and sauté until tender. (If mushrooms are canned, add later.) Put into buttered casserole and pour beef consommé and water over the top of the rice. Cover and bake at 350° for 45 minutes. Serves 12.

Parsley Rice

2 cups precooked rice	2½ cups milk
1 large onion, finely chopped <i>1/2 c dry onion</i>	2½ tsp. salt <i>(1 tsp salt better)</i>
1 cup parsley, chopped <i>1/4 c dry parsley</i>	½ cup ^{olive} oil <i>1/4 c oil works</i>
1½ cup grated sharp cheese <i>(on 1 cup)</i>	1 Tbsp. Worcestershire sauce
3 eggs	

Beat eggs well. Add oil, onion, parsley, and grated cheese. Combine with rice, salt, and milk. Bake in 350° oven for 45 minutes. Very good served with chicken gravy.

Fried Rice

3 cups cooked rice	2 Tbsp. green onions, minced
3 strips bacon, chopped fine	½ cup sliced mushrooms, sautéed
3 eggs, slightly beaten	2 Tbsp. soy sauce
1¼ cups cooked meat, diced fine	Salt to taste

Fry bacon until slightly brown. Remove bacon from skillet. Empty grease from pan – set aside. Scramble eggs in skillet used to fry bacon. Remove eggs and set aside. Use bacon drippings to fry cooked rice for approximately 5 minutes, cooking for 10 minutes. Serve hot.

Ham Fried Rice

6 unbeaten eggs

1 onion, diced

4 Tbsp. butter

2 cups frozen peas, cooked

1 cup diced ham

6 cups prepared rice

2-3 Tbsp. soy sauce

Cook rice according to package directions. In a large skillet, melt butter and cook onions until tender, but not brown. Add eggs and scramble. Add rice and soy sauce. Stir in peas and ham. Heat through.

Pizza Rice Casserole - *Tastes like lasagna with rice*

2/3 cups rice

(or 2 cups precooked rice)

3/4 lb. Ground beef

1 onion, chopped

2 cups tomato sauce

1/4 tsp. garlic salt

1 tsp. sugar

1 tsp. salt

Dash pepper

1/4 tsp. oregano

1 tsp. parsley flakes

1 1/2 cups cottage cheese

1/2 cup shredded cheese

Cook rice (or use precooked rice.) Brown ground beef and onion in a large skillet. Add tomato sauce, garlic salt, sugar, salt, pepper, oregano, and parsley flakes. Cover and simmer 15 minutes. Combine cottage cheese and cooked rice. Put 1/3 of rice mixture in a buttered 2-quart casserole. Top with 1/3 of meat-tomato sauce. Continue to alternate layers, ending with tomato sauce. Sprinkle with shredded cheese. Bake at 325° for 30 minutes or until hot and bubbly. Serves 6.

Broccoli Rice - *Good*

1/2 cup rice

(or 1 1/2 cup precooked rice)

1/4 cup margarine

1 onion, chopped

2 cups chopped broccoli,
cooked and drained

2/3 cup grated cheese

1/2 cup milk

Cook rice (or use precooked rice). Sauté margarine and onion in a small skillet. Add broccoli, cheese, milk, and cooked rice. Bake in covered casserole at 350° for 35 minutes. Serves 4.

Browned Rice

1 cup rice, unwashed
1 pkg. onion soup mix
6 Tbsp. butter
1 small can mushrooms

2 cups water
Handful of slivered almonds,
optional

Brown rice in melted butter in frying pan. Grease casserole and add browned rice and other ingredients. Cover and cook in 300° oven for about one hour. Sprinkle almonds on top.

Chicken-Rice Spread

1 cup cooked brown or white rice
2 cups cooked diced chicken
2 to 3 small tomatoes, diced
1 avocado, peeled and chopped
1 cup fresh or frozen chopped
broccoli, cooked and drained
1 hard-boiled egg, chopped

¼ cup finely shredded cheese
¾ cup mayonnaise
1 tablespoon Dijon-style mustard
¼ teaspoon celery salt
½ teaspoon pepper
½ cup unsweetened crushed
pineapple, drained

Combine all ingredients in a medium-size mixing bowl. Stir carefully and only enough to moisten ingredients. Cover and chill well.

Spanish Rice Au Gratin

½ cup uncooked rice
½ tsp. salt
½ cup chopped onion
½ cup chopped celery
½ tsp. Worcestershire sauce
½ tsp. Salt
1 cup grated cheese

1 cup water
1 T. butter
1/3 cup green pepper
1 cup chopped tomatoes
1 tsp. chili powder
1 tsp. sugar

Combine rice, water and ½ tsp. Salt in saucepan. Bring to a boil and let simmer 20 minutes. Meanwhile, in a large skillet, sauté in butter, onion, celery and green pepper until tender. Add to the vegetable mixture tomatoes, Worcestershire sauce, chili powder, salt and sugar. Stir in hot cooked rice and simmer until thick, about 10 minutes. Top with grated cheese.

Rice Pilaf

2 cups rice	1 cup slivered almonds
4 T. butter or margarine	$\frac{3}{4}$ cup chopped celery
4 cups liquid (chicken broth, if served with fowl; beef broth, if served with beef)	$\frac{3}{4}$ cup chopped green onions
	$\frac{3}{4}$ cup chopped carrots
	Salt and pepper to taste

Brown rice lightly with butter in skillet. Place in casserole with boiling broth. Cover and bake for one half hour at 375°. Take from oven and add vegetables and nuts, stirring and mixing well with fork. Return to oven for one half hour. Makes 8 servings.

Indian Rice

2 cups cooked rice	Salt to taste
1 small potato, raw, cut into small pieces	$\frac{1}{4}$ t. mustard seeds
$\frac{1}{2}$ onion, finely chopped	$\frac{1}{4}$ t. cumin seeds
$\frac{1}{2}$ jalapeno, finely cut	1 t. sugar
2 T. cooking oil	$\frac{1}{4}$ t. turmeric powder
	$\frac{1}{2}$ carrot, finely cut

Heat oil over medium heat. Add mustard and cumin seeds. Cover pan, as the seeds will pop. Heat for a couple minutes. Add cut potato and carrot. Cover pan, and cook over low heat.

Add onion, stirring occasionally until pink. Add jalapeno; stir. Add rice, turmeric powder, salt, and sugar. Stir well. After two minutes, remove from heat. Garnish with finely chopped cilantro.

Can also add: peas, cashews, peanuts, or golden raisins.

Pineapple Cream Rice - Good

$1\frac{1}{2}$ cups cooked rice	$\frac{1}{2}$ cup whipping cream
$\frac{2}{3}$ cup water	$\frac{1}{2}$ cup pineapple juice
$1\frac{1}{2}$ cups well-drained canned crushed pineapple	$\frac{1}{8}$ t. salt
	2-4 T. sugar

Combine rice, pineapple juice, water, and salt in saucepan. Mix just to moisten all rice. Bring quickly to a boil over high heat. Then cover and simmer 5 minutes. Remove from heat, let stand for 5 minutes.

Add the pineapple, mixing lightly with a fork. Cool to room temperature. Whip cream with sugar. Then fold the cream into rice mixture and chill about 1 hour. Garnish with cherries, chopped nuts, or toasted coconut.

Old-Fashioned Rice Pudding

2 large eggs	2 cups milk
¼ cup honey	2 cups cooked brown or white rice
1 teaspoon vanilla	Nutmeg
¼ teaspoon salt	½ cup raisins (optional)

Place eggs, honey, vanilla, salt, and milk in blender. Pulse to mix well. Pour over cooked rice in a 9x9-inch baking dish. Add raisins, if desired. Stir only until mixed. Sprinkle with nutmeg. Bake in a 325° oven, 30 to 35 minutes or just until pudding is set. A double recipe fills a 9x13-inch pan.

Lion House Rice Pudding - *delicious*

15 oz. evaporated milk	½ cup raisins
2 cups whole milk	2 eggs, beaten
½ cup sugar	¼ tsp nutmeg
1 tbsp corn starch	¼ tsp cinnamon
¼ tsp salt	1 tsp vanilla extract
2 cups cooked white rice	

Scald milks together in a medium to large saucepan.

Combine sugar, salt and cornstarch in medium mixing bowl. Add to milk mixture. Cook over medium heat, stirring constantly, until thick and smooth. Add rice and raisins and bring to boil.

Slowly Add about half the pudding mixture to the eggs, stirring while you pour. This is important so that your eggs don't curdle. Return egg mixture to saucepan and stir over medium heat until thickened. Remove from heat. Add vanilla and spices. Serve warm or cold. Chill to keep several days.

Rice Flour

Brown rice flour is a fine gluten-free substitute for wheat flour in pie crusts, batter breads and crackers. It is extra good when added to pizza crust, making it crispier. This flour has a grainy, gritty texture making it suitable as a substitute in recipes in small amounts. It produces a dry, fine crumb. In breads, it must be combined with a sticky flour like oat, rye, or potato. Good 100 percent rice flour breads are possible if xanthan gum, a vegetable gum, is added. Buy or grind only in small amounts as the high oil content quickens the time in which it takes to go rancid. For longest shelf life, freeze the flour.

General Baking Mixes

Mix these flour formulas in the proportions given and use them to substitute cup for cup for all-purpose wheat flour.

Simple Substitute	makes 1 cup	1 cup brown rice flour
Baking Mix #1	makes 2 cups	1 cup rice flour ½ to ¾ cup potato starch ¼ cup tapioca starch/flour
Baking Mix #2	makes 14 cups	6 cups white rice flour 6 cups brown rice flour 2 cups tapioca flour 2 tablespoons xanthan gum
Featherlight	makes 3 cups	1 cup rice flour 1 cup cornstarch 1 cup tapioca starch/flour 1 Tbsp. Potato flour

Rice Flour Noodles

½ cup rice flour
½ cup potato flour
1/3 cup cornstarch

½ teaspoon salt
1 to 2 tablespoons vegetable oil
Optional: 2 eggs, lightly beaten

Sift dry ingredients into a bowl. Repeat 3 to 4 times. Make a well in the center and add the oil and the eggs, or enough water to equal 2 eggs. Gradually draw dry ingredients from the edges of the bowl into the liquid to form a stiff dough. Use hands to knead the dough into a smooth ball. Generously dust board and rolling pin with rice flour. Roll out the dough as thin as possible. Cut into noodles. The pasta is now ready to cook or freeze uncooked for future use. Cook in boiling salted water for about 10 minutes or until al dente.

Notes:

Dough is fragile and needs gentle handling. It is not suitable for use in a pasta maker. Vegetable oil is variable. Add enough to make a smooth ball. Noodles require longer cooking time than wheat pasta does. Food processors are not recommended in this recipe's preparation.

Fruit-Nut Muffins

1 cup rice flour	1 cup nonfat milk
1 tablespoon baking powder	2 eggs, lightly beaten
½ cup oat or corn flour	½ cup chopped dried apricots
¼ cup chopped cashews	½ cup fresh or frozen cranberries or blueberries
¼ cup cup honey	
¼ cup safflower oil	

Heat oven to 400°. Lightly oil and flour a 12-cup muffin pan.

Combine rice flour, baking powder, and oat flour in large bowl.

In separate bowl, combine cashews, honey, oil, milk, and eggs. Combine egg mixture with flour mixture, stirring gently. Stir in apricots and berries. Pour batter into prepared muffin cups. Bake 20 minutes or until muffins are lightly browned and springy to the touch.

Almond and Rice Flour Bread with Poppy Seeds

½ cup whole almonds, with skins	½ cup plain low-fat yogurt
1½ cups brown rice flour	½ cup water
4 teaspoons baking powder	1 large whole egg
¼ teaspoon salt	1 large egg white
3 teaspoons poppy seeds	2 tablespoons vegetable oil

Heat oven to 350°. Butter an 8x4-inch loaf pan.

Place almonds and ½ cup of the flour in bowl of a food processor and grind until a fine meal is formed. The flour will prevent the nuts from turning oily. Add remaining rice flour, the baking powder, salt, and 2 teaspoons of the poppy seeds; process briefly.

Combine yogurt, water, whole egg, egg white, and oil in a 2-cup measuring cup.

With processor motor running, pour liquid ingredients through feed tube over flour mixture, processing just long enough to mix.

Transfer batter to prepared pan. Sprinkle with remaining poppy seeds, and bake for 55 minutes. Turn out onto a rack to cool. (Bread slices best after several hours, or the next day.)

Coconut Pancakes

1 cup rice flour	¾ cup shredded coconut
¼ cup granulated sugar	Vegetable oil
½ teaspoon salt	Sweetened condensed milk
1 (14 ounce) can coconut milk	Shredded coconut
4 eggs	

Beat flour, sugar, salt, coconut milk, and eggs in medium-size bowl until smooth. Stir in ¾ cup coconut. Divide batter equally among 3 bowls. Lightly oil 8-inch nonstick skillet; heat until hot. For each pancake, pour scant ¼ cup batter into skillet; immediately rotate skillet until batter covers bottom.

Cook until top is almost dry and bottom is light brown. Run wide spatula around edge to loosen; turn and cook other side until light brown. Roll up pancake, and place on heatproof platter; keep warm. Drizzle with sweetened condensed milk and sprinkle with coconut.

Zucchini Muffins

1½ cups rice flour	1 cup granulated sugar
1 teaspoon cinnamon	1 teaspoon baking powder

½ teaspoon baking soda
½ cup vegetable oil
2 eggs

1 cup zucchini, shredded
1 cup nuts (optional)
½ teaspoon vanilla extract

Combine all ingredients in mixing bowl. Beat at medium speed scraping bowl, until all blended. Pour into greased muffin tin or cupcake liners. Bake at 350° for 35 minutes or until a wooden pick comes out clean. Check at 25 minutes. Makes 1 to 1 ½ dozen.

Rice Flour Gingerbread

2 cups rice flour
1 teaspoon baking soda
¾ teaspoon ginger
¼ teaspoon cinnamon
½ teaspoon salt

¾ cup quick oatmeal
1 cup molasses
1 cup sour milk or buttermilk
1/3 cup fat, melted

Heat oven to 350°. Sift flour, soda, spices, and salt together. Add the oatmeal and mix thoroughly. Continuing to stir, add in the molasses, milk and fat. Pour the well-blended mixture into a greased pan. Bake for about 30 minutes.

Perkins Banana Nut Muffins

1 cup walnuts
1 2/3 cups mashed bananas
2/3 cup unsweetened applesauce
3 tablespoons apple butter
½ cup oil
2 eggs, beaten
½ cup fruit sweetener

¾ teaspoon vanilla extract
3½ cups brown rice flour
1¾ teaspoons baking soda
1¾ teaspoons baking powder
¾ teaspoon salt
1½ teaspoons cinnamon
¼ teaspoon nutmeg

Heat the oven to 375°. Lightly spray a regular size muffin tin with cooking spray.

Toast the walnuts in the oven for 7 to 10 minutes, stirring occasionally. Allow the nuts to cool; then coarsely chop them with a knife or with the pulsing action in a food processor. Whisk the wet ingredients together in the order listed until well blended. Sift together the dry ingredients into a large bowl. Make a well in the center, and stir in the wet mix. When half

mixed, stir in the toasted walnuts. Be careful not to over mix. The batter should remain lumpy.

Using a rounded #12 scoop (1/2 cup), place the batter into the prepared muffin tin. Bake the muffins on the middle shelf of the preheated oven for 25-30 minutes, turning the muffin tin once if necessary to allow for even browning. Let the muffins cool in the pan for 5 minutes before removing them to a wire rack to cool completely.

Gingersnaps

1 ½ cups brown rice flour	¼ tsp salt
1 tsp. ginger	½ cup honey
1 tsp cinnamon	3 tbsp. molasses

Preheat oven to 350°. Grease a cookie sheet, set aside.

In a small mixing bowl mix together the flour, spices, and salt. Add the honey and molasses and stir together. This will make a stiff dough. Work it until it forms a ball.

Dampen your hands and pinch off small sections and roll into ¾ inch balls. Place on greased cookie sheet. After making all the dough into balls; press each ball to ¼ inch thickness with the bottom of a wet glass dipped in sugar.

Bake for 12-15 minutes. Do not leave in oven longer than 15 minutes. These brown only slightly. Remove from the cookie sheet immediately.

Fluffy Pancakes or Waffles

1/3 cup tapioca flour	½ tsp salt
2/3 cup brown rice flour	1 tbsp honey
1/3 cup white bean flour	½ tsp vanilla
1 tsp baking powder	2 tbsp. canola oil
2 tbsp buttermilk powder	¾ cup warm water
½ tsp baking soda	

Barbershop Dessert

Crust:

1 cup rice flour
1 cup chopped nuts

½ cup margarine

Filling:

8 oz. cream cheese
1 cup powdered sugar
5 cups milk
1 small pkg. instant chocolate pudding

1 lg. pkg. instant vanilla instant pudding
1½ cups cool whip
(plus additional for garnish)

To make crust: Mix together rice flour, margarine, and chopped nuts. Spread in 9x13 pan. Bake for 20 minutes at 350°. Cool.

To make filling: Beat together cream cheese and powdered sugar. Gently spread on cooled crust. Mix milk and puddings together, then add 1/12 cups cool whip. Spread over cream cheese later. Top with additional cool whip and garnish with chocolate curls, if desired.

Gluten-free Yellow Cake

1½ cups rice flour
3 tsp. baking powder
½ tsp. salt
½ cups shortening
1 cup sugar

4 eggs, separated
¾ cup milk
1 tsp. almond extract
1 tsp. vanilla

Preheat oven to 350° Sift together all dry ingredients in a medium mixing bowl. Add shortening, egg yolks, and ½ cup milk. Beat 3 minutes; then add remaining milk and flavorings. Beat an additional 2 minutes. Beat egg whites until stiff and fold in gently. Bake in 9x13 pan for 25-30 minutes.

Pasta

Combining such simple ingredients as flour and water and eggs into something as satisfying as noodles is amazing. This food that is so versatile can truly be described as a "staple."

American dry pasta is made with semolina, which is produced by grinding kernels of durum wheat. Sometimes other hard wheats are also used. The semolina is mixed with water until it forms a dough. If other ingredients are being added to the pasta, such as eggs to make egg noodles or spinach or tomato to make red or green colored pasta, those ingredients are added at this stage.

The dough is then extruded through a metal disc with holes in it. The size and shape of the holes in the die determine what the shape of the pasta will be. The pasta is then dried slowly and packaged.

How to Cook Pasta

Pasta should be prepared *just* before serving it!

1. In a large pot, bring a generous amount of water, as much as a quart per serving of pasta, to a rolling boil over high heat. Pasta only sticks when cooked in too little water.
2. Salt the water.
 - Use 1 teaspoon per gallon of water.
 - Salting the water brings out the natural flavor of the pasta.
 - Salt must be added once the water has started to boil. If the salt is added too late, it will not be absorbed correctly into the pasta. Adding salt too early may lengthen the boiling time.
 - If you are on a sodium restricted diet, please follow your doctor's orders.
 - Adding salt is optional and a matter of taste.
3. Do not add oil to the water.
 - Olive oil does nothing for the taste of pasta, and its use will make the pasta slippery, not allowing the sauce to stick to the pasta.
 - Italians do not use olive oil when cooking pasta.
4. Drop the pasta into the boiling water and stir once or twice to ensure that the noodles are separated and well dispersed in the pot, and bring back to a boil. Stir and stir some more! Pasta will stick together if it is not stirred during the crucial first moments of cooking.

5. Start timing when the water returns to a boil.
 - You can regulate the heat so the pasta/water mixture does not foam up and over the pot sides. Lower the heat the tiniest bit, and everything will be under control.

6. Fresh pastas will cook in as little as 3 minutes. Dried pasta may take as much as 12 minutes to cook. Macaroni and most noodles only need to boil for 3 minutes, then covered with a lid and left to sit for 10 minutes; drain and serve.
 - The best test is to remove a strand or two from the boiling water, let cool slightly, and bite into the pasta. If you see a thin white line or white dots in the middle of the broken piece, it is not done yet. There shouldn't be any solid white in the center of the pasta - just a shading to more opaque cream; the noodles should be firm to the bite, not mushy.

7. Drain pasta immediately after it is done cooking.
 - Drain into a large colander and toss gently to remove excess liquid. The pasta should remain moist but not dripping wet.
 - Pasta should not be rinsed after cooking unless for a pasta salad recipe. The natural starches released from the pasta complement the pasta meal because they help "bind" the sauce that is to be used, and allow the sauce to adhere better to the pasta.
 - Always save a couple of tablespoons of the cooking water; it may be needed to dilute the sauce or in sautéing the pasta with the sauce before serving.
 - In Italy, pasta is usually undercooked in the water by about 3 minutes. Pasta is then transferred to a sauté pan with the prepared sauce, and then cooked with the sauce for the additional 3 minutes—allowing the pasta to absorb the flavors of the sauce.

8. Add sauce and serve immediately.
 - When pasta is drained it is still cooking. Therefore, the sauce should be added quickly.
 - Pasta should be served hot.
 - Italians use very little sauce with their pasta—just enough to coat it.
 - To finish the pasta, top with parmesan cheese, a little freshly ground black pepper or olive oil.

Tips:

- a) If the pasta is to be used in a casserole, undercook it slightly. It will finish cooking to perfection while in the oven or skillet.
- b) To better wed the pasta to the sauce, put the sauce in a broad skillet and heat it while the pasta cooks.

- c) Drain the pasta when it's just shy of done and stir it into the skillet before the colander stops dripping completely.
- d) Toss the pasta and sauce over high heat for a minute or two, until the pasta is done.

<u>Type of pasta</u>	<u>Uncooked weight</u>	<u>Cooked amount</u>
Small to Medium pasta shapes (Elbow Macaroni, Medium Shells, Rotini, Twists, Spirals, Wagon Wheels, Bow Ties, Mostaccioli, Penne, Rigatoni)	8 oz.	4 cups
Long pasta shapes (Spaghetti, Angel Hair, Linguine, Vermicelli, Fettuccine)	8 oz. or 1 ½ inch diameter bunch	4 cups
Eggs Noodles	8 oz.	2 ½ cups

Storing Pasta

Store uncooked, dry pasta in your cupboard for up to one year. Keep in a cool, dry place. Dry packed pasta has a shelf life of 6 to 8 years. Pasta in its original packaging has a shorter shelf life, 2 to 3 years.

Refrigerate cooked pasta in an airtight container for 3 to 5 days. You may add a little oil (1-2 tsp. for each pound of cooked pasta) to help keep it from sticking. Because cooked pasta will continue to absorb flavors and oils from sauces, store cooked posts separately from sauce.

The best pasta shapes for freezing are those that are used in baked recipes, such as lasagna, jumbo shells, ziti and manicotti. You'll have better results if you prepare the recipe and freeze it before baking. To bake, thaw the dish to room temperature and bake as the recipe directs.

To save time later, cook extra pasta, store in air tight container in freezer for up to 8 weeks. To reheat, drop frozen pasta into a pot of boiling water, and let "cook" for 2-3 minutes. Drain and serve.

Google: Cooking Pasta – for a zillion recipes and tips.

Deseret Pasta
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Pasta Flavors and Colors

Dried and fresh pasta are available in various flavors and colors. The flavoring agent is the ingredient that generally affects the color of the pasta. An unlimited number of options are available to use as flavoring agents. There are pasta dough ingredients that act as flavoring agents and also extra ingredients that are added to the dough that affect the flavor and color. Some of the common agents that will affect the flavor and color of the pasta are listed below.

Flavors and Colors of Pasta - Pasta Dough Ingredients

Flavoring Agent	Description	Flavor	Color
Unbleached White Flour	A standard baking flour made from red winter wheat. Unbleached flour has not gone through all the processing that bleached flour has, so it produces a firmer dough. It is lighter than whole wheat flour and produces pasta dough that is easy to work with.	Basic pasta	Creamy beige
Semolina Flour	Flour that is finely ground from hard durum winter wheat. Semolina flour is used to make most dried pastas. It contains a fair amount of gluten, which provides elasticity to the dough, allowing the dough to be formed into a large variety of shapes.	Basic pasta	Creamy beige
Whole Wheat Flour	Flour made from whole wheat grain. Whole wheat flour is available in several different grinds and will provide heavier textured pasta than the unbleached flour. The coarser grinds are best used for flat noodles, whereas, the finer grinds can be used for most any shapes. Additional water is generally required when using whole wheat flour.	Nuttier than basic pasta	Medium tan to light brown
Buckwheat Flour	Flour made from buckwheat seeds, which have been toasted. This is a heavy flour that produces dough that is tender but slightly gritty. To lighten its texture and provide smoother dough, it is sometimes mixed with lighter flour, such as unbleached white or fine ground whole wheat. The dough cracks easily so it is best used for thick wide noodles.	Strong nutty flavor	Light to medium brown
Corn Flour	Flour made from corn, which provides a pasta that is wheat and gluten free. Corn flour produces a product that can be used by consumers that have an intolerance to wheat products. It provides a flavorful pasta alternative. The texture of pasta made from corn flour can be slightly grainier than wheat pasta.	Corn	Bright yellow

Oat Flour	High-fiber flour made from oats. It has a coarse texture and can be used in the same manner that coarsely ground whole wheat flour is used for making pasta.	Nutty	Tan to medium brown
Brown Rice Flour	Flour made from rice that has only the inedible hull removed. This flour is high in fiber and resembles pasta dough made from whole wheat flour, except the dough made from brown rice flour is a little stickier. Pasta dough made with brown rice flour works best for making flat noodles.	Slightly sweet	Tan to light brown
Rice Flour	Flour finely milled from non-glutinous rice. Rice flour is used to make thin white translucent Chinese noodles. The noodles are deep-fried to produce crunchy strands, or soaked in warm water and then added to soups or used in stir-frying.	Mild	Translucent white
Mung Bean Threads	Mung bean threads produce a gelatin-like noodle that has a translucent appearance. It is cooked and used in the same manner as rice flour noodles. The noodles are often called bean threads or cellophane noodles and are widely used in Asian cooking.	Flavorless, absorbs the flavor of the foods it is combined with	Translucent white
Corn Meal	Used to add nutrition and a distinct flavor to pasta. Corn meal is always mixed sparingly with flour so the pasta dough does not become too grainy. If the dough is too grainy it becomes difficult to roll out or extrude from a machine. Corn meal dough works best for making flat noodles.	Corn	The type of flour used in making the dough determines the base color. See: Color Note

Color Note: The amount and type of corn meal added will determine how much affect it will have on the color. The corn meal may just add specks of yellow, white, or blue to the color.

Pasta Shapes

Pasta is available in many different forms and sizes. The majority of pasta shapes that are available originated in Italy but they have also been created in other parts of the world. Many types of noodles have been created in Asian countries. Certain shapes and sizes are used for specific purposes, while others can be used in several different manners. Shown below are the basic categories in which pasta shapes are found.

Shaped Pasta

Shaped pastas are available in many different sizes and specific shapes. They include shapes that resemble shells, bow ties, spirals, snails, wheels and radiators. Shaped pastas are generally found dried. The smaller shaped pastas work well with a simple sauce but most shaped pastas can be paired with a chunkier sauce because they are sturdy enough to hold up with the other ingredients. They are also used in pasta salads and casseroles.

Tubular Pasta

Tubular pastas are any pastas that are in the shape of a tube. They are available in many different sizes and shapes. Some tubes are long and narrow while others are short and wide. They are found with smooth or grooved exteriors and their ends are cut straight or at an angle. They are often served with a heavy sauce, which holds well in the hollows of the pasta tubes. Tubular pastas are also used in salads and casseroles. Some of the larger tubes that have a wide opening can be stuffed with meat and/or cheese and then baked.

Strand Pasta Noodles

Pasta strands are long rods of pasta, which are generally round, but they are available in a square rod also. The basic difference from one variety to the next is the thickness of the strands. The thicker strands work well with a heavier sauce while the thin varieties are better with a more delicate sauce.

Ribbon Pasta Noodles

Ribbon pastas consist of flat strands of pasta, which are available in different lengths, widths and thickness. Some are short and wide, while others are long and narrow. Ribbon pasta can have straight or wavy edges. Many varieties are available fresh and dried. The dried ribbons are generally used with a thick, heavier sauce and the fresh ribbons are served with a more delicate sauce.

Soup Pasta

Soup pastas consist of pasta shapes that range in size from small to very tiny. The larger of the soup pastas are used in thicker based soups and the tiny and smaller pasta shapes are used in light or broth based soups. Some of the soup pastas are also used in pasta salads. Soup pastas include many shapes, such as round balls, thin strands, tubes, rings, grain-shapes, bow ties and stars.

Stuffed Pasta

Stuffed pastas consist of fresh pasta sheets that are stuffed with a filling. The pasta sheets are folded over and sealed or another sheet is placed on top and the edges are sealed after the filling has been added. Some sheets are folded over the filling and then twisted to form a little hat shaped pasta. Stuffed pastas are formed in different shapes, such as squares, circles, triangles and half moons. They are stuffed with a variety of fillings, which consist of a mixture of ingredients, such as meats, cheeses, herbs, mushrooms, and vegetables. Stuffed pastas are first cooked and then generally served with a light sauce. They can also be served in a broth or added to a salad after they have been cooked.

Flavoring Agents for Homemade Pasta

Based on approximately 1 pound of plain pasta (3 egg recipe)

Spinach: Select enough fresh spinach to produce approximately 3/8 cup (6 tablespoons) of pureed spinach. When selecting fresh spinach, choose leaves that are dark green and crisp, avoiding limp, damaged or yellow spotted leaves. Frozen spinach can also be used in place of fresh spinach. Thaw the frozen spinach, drain well and puree it.

Broccoli: Select enough fresh broccoli to produce 1/4 cup of finely chopped, steamed broccoli. Choose broccoli with a deep green color throughout and a firm stalk. Avoid any broccoli that has yellow areas or brown spots.

Tomato: Tomato pasta requires approximately two or three tablespoons of tomato paste. Sun-dried tomatoes can also be used. It requires 2 tablespoons of pureed sun-dried tomatoes that have been soaked and well drained prior to being pureed.

Beets: Select one medium size beet or 2 small beets and peel, cook, and puree before adding to the pasta dough. Beets can generally be found during most of the year, but are most readily available during the summer and throughout the fall. To be assured that the beets selected are fresh, select beets with greens still attached. If the greens are crisp and fresh in appearance, you can be assured the beets are fresh.

Carrots: Purchase enough carrots to produce approximately 1/2 cup of pureed cooked carrots. The pureed carrots can be substituted with 3/8 cup of fresh carrot juice. If selecting fresh carrots, select small to medium size carrots, avoiding the larger carrots, which can be tough and not as sweet as the smaller sizes. The carrots should be firm textured and not easily bent. Avoid any that are dry and split at the ends. If greens are still attached, they should be crisp and fresh in appearance, indicating they have recently been dug.

Bell Peppers: Select one bell pepper to be stemmed, seeded, cut into small pieces and pureed. When choosing a pepper, select any color you desire, avoiding peppers that have skin that is beginning to shrivel or any that contain blemishes.

Chile Peppers: Choose four chile peppers of the type you prefer. The peppers are seeded, stems discarded and then either pureed or chopped to very fine pieces. When selecting peppers, choose those that are firm and free of blemishes.

- **Note:** When handling chile peppers, be sure to keep exposed hands away from the eye area and other sensitive areas of the body, such as nose and lips. The chile oil that your hands are exposed to can cause severe irritation. Wash hands immediately after exposure or wear rubber gloves to protect against exposure.

Garlic: You will need a head of garlic of which you will need 2 to 4 cloves to be

finely crushed or minced. Choose a firm, fresh head of garlic that does not contain any green sprouts. The head should be free of spots and the skin should be attached. Other forms of garlic are available, such as flakes, powder and paste, but it is best to use fresh garlic when making pasta.

Herbs: For herb pasta, you will need approximately ½ cup of finely chopped herbs. You can use one herb or a combination of two or more to flavor the pasta. Some of the herbs that work well are basil, mint, oregano, parsley, rosemary, sage, and thyme. Select herbs according to personal preference or as requested by a specific recipe. Be sure the herbs you select are fresh, avoiding herbs that are damaged or blemished.

Curry: Curry powder is a spice blend, which can be made up of anywhere from 5 to 50 spices. Commercially, it can be purchased already blended but you can also mix your own preference in spices to make your own special fresh blend. The most common spices found in a curry blend are cinnamon, coriander, cumin, turmeric, pepper, cardamom, cloves, ginger, and nutmeg. Blends will vary according to regions and local traditions. Other spices used are aniseed, bay leaf, caraway, cayenne pepper, fennel, fenugreek, mace, mustard seed, poppy seeds, and saffron. Stored curry powder will lose some of its flavor so if using stored or commercial curry powder you will need 1 to 1 ¼ teaspoons and if using fresh curry powder, you will need to add approximately ¾ teaspoon to the pasta dough.

Saffron: Saffron is a spice that is orange in color, which creates pasta with a golden tint. It produces a slightly bitter but very distinctive taste. Saffron can be purchased in threads or powder form. To flavor the pasta, you will need a good size pinch of threads ground to a powder or approximately 3/8 of a teaspoon of powdered saffron.

Lemon: For lemon flavored pasta, purchase two lemons whose zest will be used to add to the pasta dough. Select lemons with an entirely yellow peel that have a slightly glossy tint. They should be firm and feel heavy for their size. The peel should be close-grained because a coarse grained peel indicates that the lemon has a thick skin and a smaller amount of flesh. Avoid lemons with blemishes and dull dark yellow peel, indicating the lemons are not fresh.

Strawberry: Purchase a quantity of strawberries that will supply 2/3 cup of strawberries with stems trimmed and berries cut in half. Choose richly colored strawberries that have a slight shine. Overripe strawberries will have a dull appearance. Check the strawberries for bruising and mold spots. Try to select a group of strawberries all at the same ripeness level, otherwise some will become too ripe by the time the less ripe berries are fully ripe.

The flavoring agents above are just some of what can be used to add flavor when making homemade pasta. You can experiment with other flavorings to create your own unique flavor.

Making Fresh Pasta with Spinach (Green Pasta)

Serves 4

This is much the same as basic pasta - make sure the spinach is as well drained and dry as possible. Add more flour to compensate for the additional moisture in the spinach.

1 1/2 cups of flour

2 large eggs

1/2 of a 10-ounce package of frozen chopped spinach, or use equivalent of fresh spinach

(can substitute Broccoli)

BY HAND

Cook the spinach according to package directions, drain well, and cool. Squeeze as much water out of the spinach as you can, then squeeze again. Chop the spinach finely. If you make a ball of the spinach at this point, it will be about the size of a large egg.

Put the flour on the working surface or in a large bowl. Make a well in the center of the flour large enough to hold the eggs and the spinach. Add the eggs, then the spinach (in bits). With a fork, mix the egg and spinach mixture, then slowly gather the flour into the egg with a fork. If the pasta is too sticky to work with, add flour, one T. at a time, but make sure that you are mixing well after each addition. If the pasta is too stiff or dry, you can add a T. of water or olive oil.

WITH A PROCESSOR

Cook the spinach according to package directions, drain well, and cool. Squeeze as much water out of the spinach as you can, then squeeze again. Chop the spinach finely. If you make a ball of the spinach at this point, it will be about the size of a large egg.

Put the flour and spinach into the processor, pulse until they are well mixed. Add the eggs.

Pulse until mixture forms a soft ball - all of the pasta should be in the ball, not stuck on the sides or in clumps on the bottom - if it is not a single ball, add flour slowly, a T. at time, until ball forms.

TO FINISH

Knead the dough by hand for 8 to 10 minutes. Add additional flour as needed, 1 T. at a time.

Roll out the pasta with a rolling pin in a round sheet as thin as you can, or divide it into balls about the size of a ping-pong ball and run it through decreasing settings on your pasta machine, folding it over to maintain the width, until you are at the next to last or last (thinnest) setting.

Let the sheets dry for about half an hour - dry to the touch but still flexible. Cut to desired width.

If a 'pass' doesn't work, re-form the pasta into a ball and roll it out in a sheet again. Once you have cut your pasta, a bit of semolina helps to keep the pasta separated until you are ready to cook it. You can also store the pasta loosely packed in an open Ziploc bag in the refrigerator for one or two days.

Presto—Pasta!

Several people shared their favorite ways to serve pasta.

“I prefer tomato-based sauce and often use bottled. From there, each time is different. I add spices and may use up leftovers like crumbled-up meat loaf or shredded carrots.”

“I like simple olive oil, garlic, lemon juice and capers. If I have fresh basil on hand, I’ll tear some up and throw it in.”

“My favorite pasta topping is a homemade concoction of crisp bacon, sautéed sweet onions, Parmesan, black pepper, and a milk sauce thickened with a little flour. It’s my version of spaghetti carbonara.”

“I make homemade tomato sauce with crushed red pepper and pepperoni to give it added zing and flavor.”

“I’m a jar-sauce kind of girl. I add my own turkey sausage, nicely browned for additional flavor. Grated Parmesan makes it perfect.”

“I spice up even the simplest marinara sauce with some sautéed garlic and hot sauce. It tastes completely homemade!”

“My favorite pasta sauce is semi-homemade. I start with a jar of spaghetti sauce and add some sautéed onions and garlic and a can of stewed tomatoes. Simmer it all together and there you go! My family doesn’t like chunky sauce, so I use a hand blender to smooth it out a bit.”

“Sam’s Club sells a box of herb-buttered shrimp. I love to make a ‘gourmet’ meal by adding an onion to the butter sauce, then tossing with shrimp and pasta. My guests think I’ve slaved over it, and the box of 52-60 shrimp is only \$11.”

“I heat either a can or carton of diced tomatoes and add some spices and goat cheese. Yes, goat cheese. It makes the dish creamy and really tasty.”

“The small containers of garlic sauce for dipping that come with pizza are great for quickly fixing up one or two servings of pasta tossed with some sautéed shrimp or scallops. Adding sautéed veggies is delicious, too—mushrooms, zucchini or broccoli, alone or with the seafood.”

"I use a can of Campbell's Chicken a la King soup as a sauce."

"Adding lots of sautéed mushrooms, chopped small, to any bottled sauce gives it the texture of meat and great taste."

"Four-cheese Alfredo sauce is my favorite. I cook noodles and add some chicken to the boiling water. I then top the noodles and chicken with sauce, chives, and black olives. Quick, easy, and delish."

"I like stir-fried veggies with balsamic vinegar and dark sesame oil. It tastes so rich but is heart-healthy. I serve it over whole-wheat pasta."

"I mix caramelized sweet onion, basil, oregano, olives, sweet pepper and grape tomatoes sautéed in olive oil. I serve it on a bed of angel hair with a little grated cheese."

"I love garlic and oil on my pasta. I add some oregano and sometimes toasted pine nuts."

"We make our own, and it's almost effortless. Brown 3 or 4 Italian sweet sausages and add to a good-sized pan with a couple of cans of crushed tomatoes. While it simmers, add a little oregano and about 2 tablespoons of olive oil. It's always good."

"My favorite pasta topping is grilled shrimp or scallops tossed with a little olive oil, garlic, lemon juice, fresh ground pepper, and freshly grated parmesan. I like to serve this over bow-tie pasta because it looks great on the plate.:

"I like to sauté shallots in olive oil with a little garlic, then add crushed tomatoes, salt and fresh basil... yummy!"

Recipes with Pasta

Basic Pasta

4 cups flour
6 eggs

1 t. oil
2 t. salt

Place all ingredients in the Bosch, fitted with the dough hook. On low speed, mix to a firm dough, adding water, if necessary. Let knead on low for 10 minutes until the dough is smooth and elastic. Place finished dough in a plastic bag and let rest 30 minutes.

Use a pasta machine to shape the pasta. Allow the pasta to dry for 30 to 40 minutes before cooking. Cook in large quantities of boiling water for 2 to 4 minutes. Makes about 1½ lbs. of pasta.

Classic Alfredo

¼ cup butter
¾ cup grated fresh Parmesan

½ cup whipping cream
2 t. chopped parsley

Cook and drain noodles. In a small sauce pan, melt butter over medium heat. Gradually stir in the cheese. Then add the whipping cream until well blended. Continue heating sauce, stirring constantly until boiling point. Remove from heat and stir in parsley.

Lemon Pasta

3 1/3 c. all-purpose flour
1/2 tsp. salt
2 beaten eggs

1 (6 oz.) can frozen lemonade
concentrate, thawed
1 tsp. olive oil or cooking oil

In a mixing bowl stir together 3 cups of the flour and salt. Combine eggs, lemonade concentrate and olive oil or cooking oil; add to flour. Mix well.

Sprinkle kneading surface with the remaining 1/3 cup flour. Turn dough out onto floured surface. Knead until smooth and elastic (8-10 minutes). Cover and let rest 10 minutes.

Divide dough into 3rds or 4ths. On lightly floured surface roll each third of dough into a 16 x 12 inch rectangle or each fourth of dough into a 12 inch

square. If using a pasta machine, pass dough through machine until 1/16 inch thick. Dust with additional flour, as necessary, to prevent sticking. Cut and shape as desired. Cook as directed. Makes 1 1/2 pound fresh pasta. May substitute equal amounts of pineapple or orange for different flavors.

3 qt. water
1 tbsp. salt

8 oz. pasta

In a large kettle or Dutch oven bring water and salt to a rolling boil. When the water boils vigorously, add pasta a little at a time, so water does not stop boiling. (Hold long pasta, such as spaghetti, at one end and dip the other end into the water. As the pasta softens, gently curl it around in the pan until immersed.) Reduce the heat slightly and continue boiling, uncovered, until the pasta is tender but still slightly firm, a stage the Italians call *al dente* (to the tooth). Stir occasionally to prevent the pasta from sticking. Taste often near the end of the cooking time to test for doneness.

When the pasta tests done, immediately drain it in a colander. Transfer the cooked pasta to a warm serving dish. Serve immediately. Makes about 4 cups cooked pasta.

Ratolo

1 uncut sheet of pasta, 18"x11"
1 (10 oz.) pkg. frozen chopped spinach
1 beaten egg
1 c. Ricotta cheese
1/2 tsp. ground nutmeg
1/8 tsp. pepper

1/2 c. grated Parmesan cheese
6 thin slices prosciutto (5 oz.)
1 (6 oz.) pkg. sliced Mozzarella cheese
1/2 c. butter, heated just until lightly browned

May be substituted with a pasta sauce of your choice.

Thaw frozen spinach; drain well, pressing out excess liquid. Combine egg, ricotta cheese, nutmeg and pepper. Stir in spinach and Parmesan cheese. Set aside.

Lay out pasta on a lightly floured surface. Spread filling evenly over dough to within 1/2" on all sides.

Layer prosciutto slices and then Mozzarella slices over filling. Fold in the 2 long edges of dough about 1" over filling. Moisten short edges with a little water.

Beginning from one of the short sides, roll up jelly roll style. (Roll should be about 9" long.) Wrap roll in a layer of cheesecloth; tie loosely with string.

In a large dutch oven or pot, bring about 1 1/2" of water to boiling. Carefully add roll; reduce heat. Simmer, covered, 30 to 35 minutes. Remove from water; cool slightly, about 5 to 10 minutes. Carefully remove cheesecloth. Place roll on a plate; cover and chill several hours.

To serve, cut roll into 12 slices; overlap slightly in a 2" deep baking dish. Brush with 2 tablespoons browned butter. Bake in a 450 degree oven for 5 minutes. Brush with additional butter and bake 5 minutes more. Serve with remaining browned butter. Makes 6 servings.

Homemade Macaroni and Cheese—Easy!

2 cups elbow macaroni	1/2 t. salt
6 cups boiling water	1/4 t. pepper
3 t. salt	1/4 cup flour
2 T. butter	1 3/4 cups milk
1 medium onion, chopped	3/4 cup cheddar cheese, cubed

Pour macaroni into rapidly boiling salted water. Heat to rapid boil. Cook, stirring constantly for 3 minutes. Cover tightly; remove from heat and let stand for 10 minutes. Drain and rinse in cold water. Set aside.

Heat butter, onion, salt, and pepper over medium heat until onion is slightly tender. Blend in flour. Cook over low heat, stirring constantly until mixture is smooth and bubbly. Remove from heat and stir in milk. Heat to boiling, stirring constantly. Boil and stir for 1 minute. Remove from heat and stir in cheese until completely melted.

Place macaroni mixture in 1 1/2 quart casserole dish. Stir cheese sauce into macaroni. Bake uncovered in a 350° oven for 25-30 minutes. Let stand for 10 minutes before serving.

Spaghetti Pie

6 oz. dry spaghetti	2 t. butter
¼ cup grated parmesan cheese	¼ cup chopped onion
¼ cup chopped green pepper	½ cup sour cream
1½ cups spaghetti sauce	4 oz. grated mozzarella cheese
2 beaten eggs	

Cook spaghetti according to directions for cooking perfect pasta. Drain. While spaghetti is warm, mix in eggs and cheese. Press into a buttered pie plate, forming a "crust." In a small skillet, melt the butter and sauté the onion and green pepper. Place on paper towel to "drain" and let cool. In a small bowl, stir the sautéed vegetables into the sour cream. Spread mixture over the bottom of the pasta crust. Spoon spaghetti sauce over the sour cream layer. At this point, the pie can be covered with plastic wrap and foil and refrigerated overnight or frozen. Bake thawed pie, uncovered at 350 ° for 20 minutes. Sprinkle grated mozzarella cheese over the top and bake an additional 10 minutes. Let stand 5 minutes, cut into wedges and serve.

Pierogis (Stuffed Pasta Pockets)

¾ c. flour	1 tbsp. melted butter
1/8 tsp. salt	1 lg. egg, beaten
2 tbsp. sour cream	Vegetable oil
1 tbsp. milk	

FILLINGS:

Mashed potatoes with cheese	Mashed potatoes with onion
Sauerkraut	Blueberry

(If fruit is used, add 2 tablespoons sugar to dough.)

Combine flour and salt in bowl. In a separate bowl whisk sour cream, milk, butter and 1/2 of the egg. Add flour to liquid and mix until like cornmeal. Knead on floured surface until smooth. Cover and let rest about 30 minutes. Roll out until 1/8 inch thick. Cut dough in 3 1/2 inch rounds. Repeat until all dough is used.

Fill with 2 tablespoons of selected filling. Fold dough over filling and seal edges and brush with egg. Bring a large pot of salted water to a boil. Drop Pierogis in water one at a time. Cook until tender. Pan fry in a little oil if a crisp crust is desired.

Glycemic Load

Food	Serving Size	Glycemic Load
Bread		
Lender's bagel	1 bagel	25
Wonder bread	1 slice	10
Whole-wheat bread	1 slice	7
Cereal		
Kellogg's Cornflakes	1 cup	22
Oatmeal	1 cup	17
Cheerios	1 cup	15
Kellogg's Raisin Bran	1 cup	24
Kellogg's All-Bran	1/2 cup	9
Rice		
Boiled white rice	1 cup	22
Steamed brown rice	3/4 cup	16
Pasta		
Spaghetti (white)	1 1/4 cup	21
Spaghetti (whole wheat)	1 1/4 cup	15
Potatoes		
Baked potato	1 medium	30
Mashed potato	3/4 cup	16
Legumes		
Baked beans	1/2 cup	6
Peanuts	1/3 cup	1
Hummus	2 tsp.	0
Dairy		
Ice Cream	1/2 cup	12
Skim milk	8 oz.	4
Whole milk	8 oz.	3
Fruits		
Fruit Roll-ups	2 small	23
Apple juice	8 oz.	12
Apple	1 medium	7
Orange juice	8 oz.	15
Orange	1 medium	6
Vegetables		
Corn on the cob	1 ear	7
Green peas	1/2 cup	3
Carrots	1 large	3

The glycemic index (GI) is a numerical system of measuring how much of a rise in circulating blood sugar a carbohydrate triggers—the higher the number, the greater the blood sugar response. So a low GI food will cause a small rise, while a high GI food will trigger a dramatic spike.

The glycemic load (GL) is a relatively new way to assess the impact of carbohydrate consumption that takes the glycemic index into account, but gives a fuller picture than does glycemic index alone. A GI value tells you only how rapidly a particular carbohydrate turns into sugar. It doesn't tell you how much of that carbohydrate is in a serving of a particular food. You need to know both things to understand a food's effect on blood sugar. That is where glycemic load comes in. The carbohydrate in watermelon, for example, has a high GI. But there isn't a lot of it, so watermelon's glycemic load is relatively low. A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low.