

Noodling Around

A little story about pasta

Where Did It Come From?

Marco Polo introduced pasta to Italy following his exploration of the Far East in the late 13th century. Though pasta can be traced back as far as the 4th century B.C.,

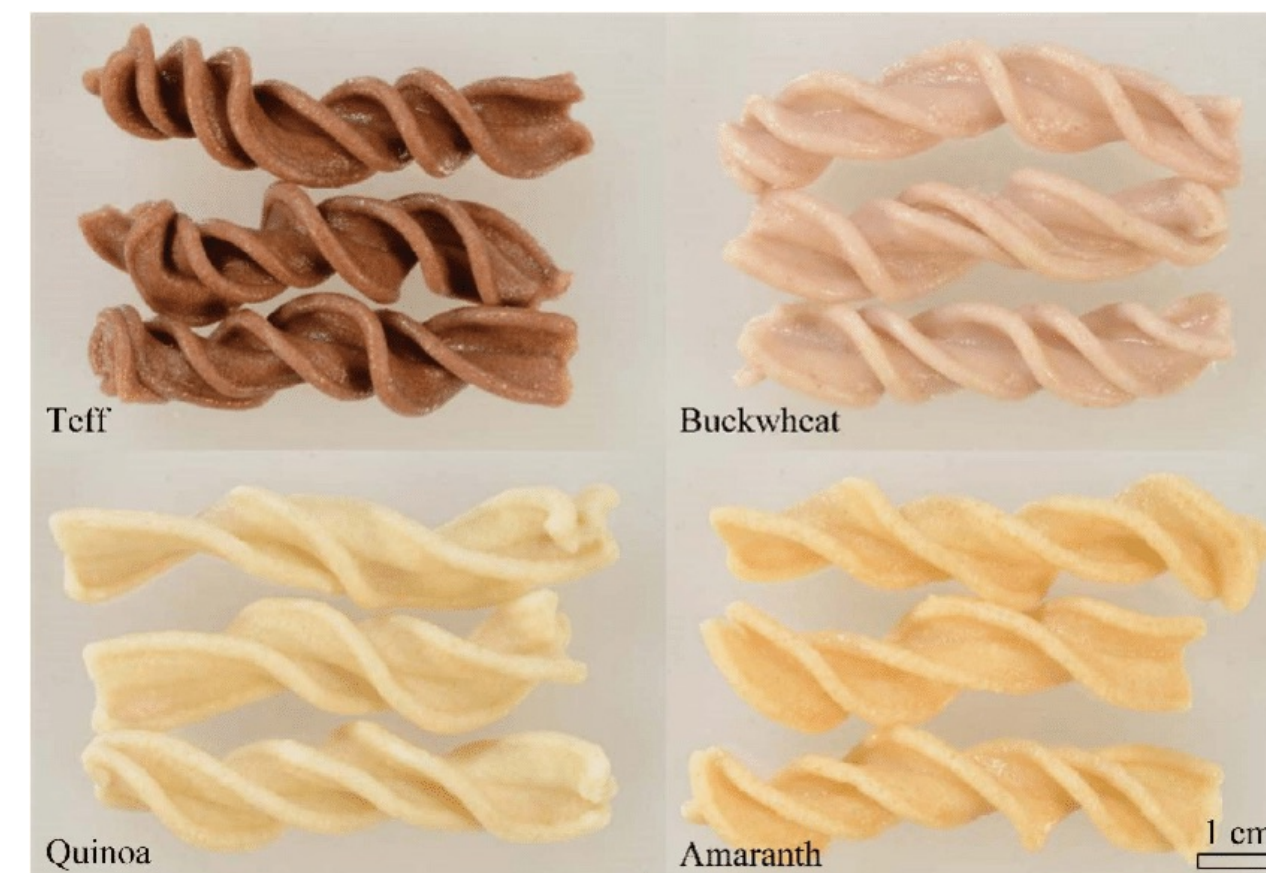
In fact the Chinese were making a noodle like food as early as 3000 B.C.!



Let's Talk Pasta!

There are about 600 different types of pasta, the most common being penne, macaroni, and spaghetti. There are unique shapes like pinwheel and bow tie. You can also find some with a filling like ravioli and tortellini!

They are made from durum wheat flour but the ingredients can range from veggie based pasta to whole wheat pasta.



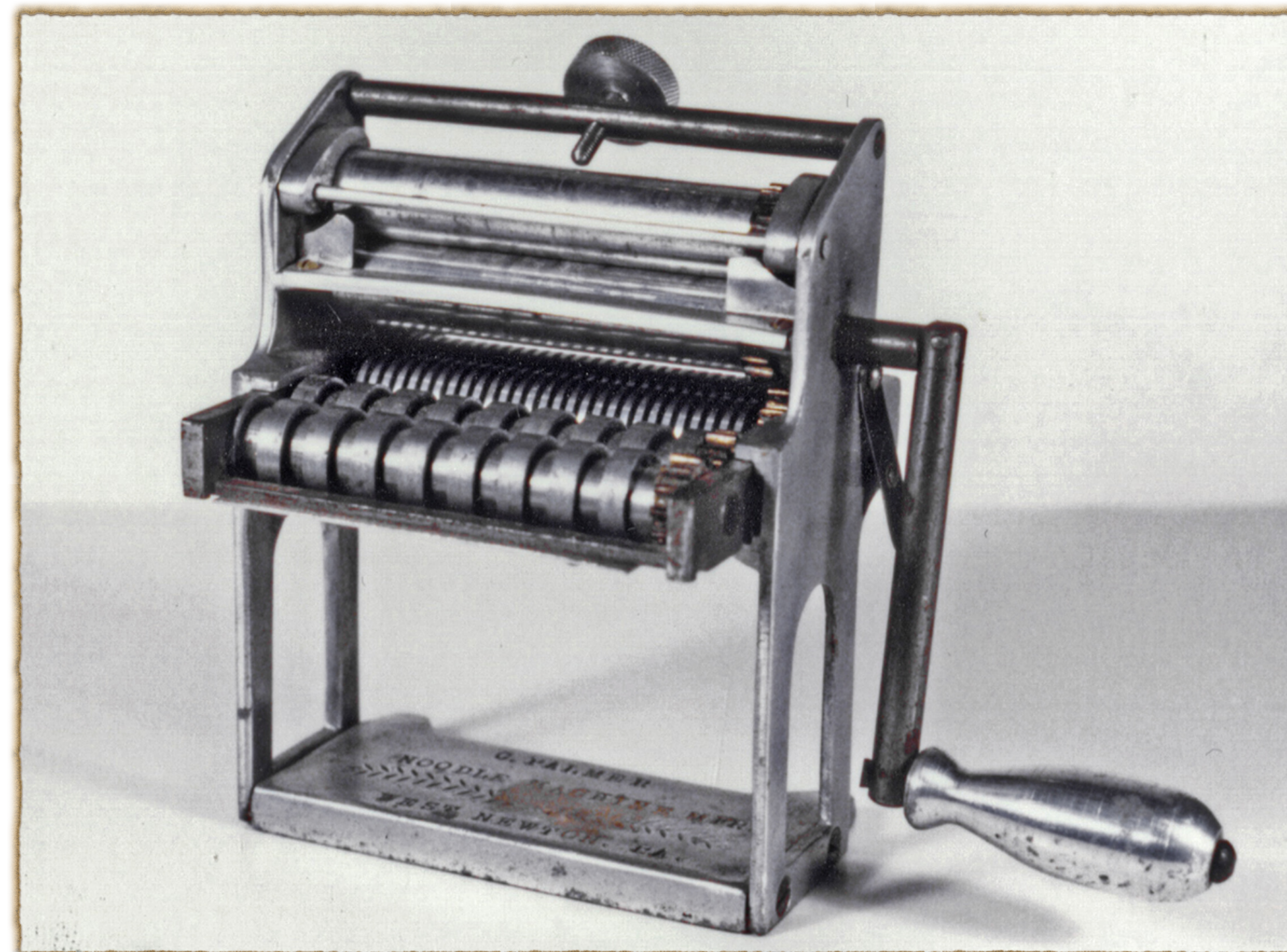
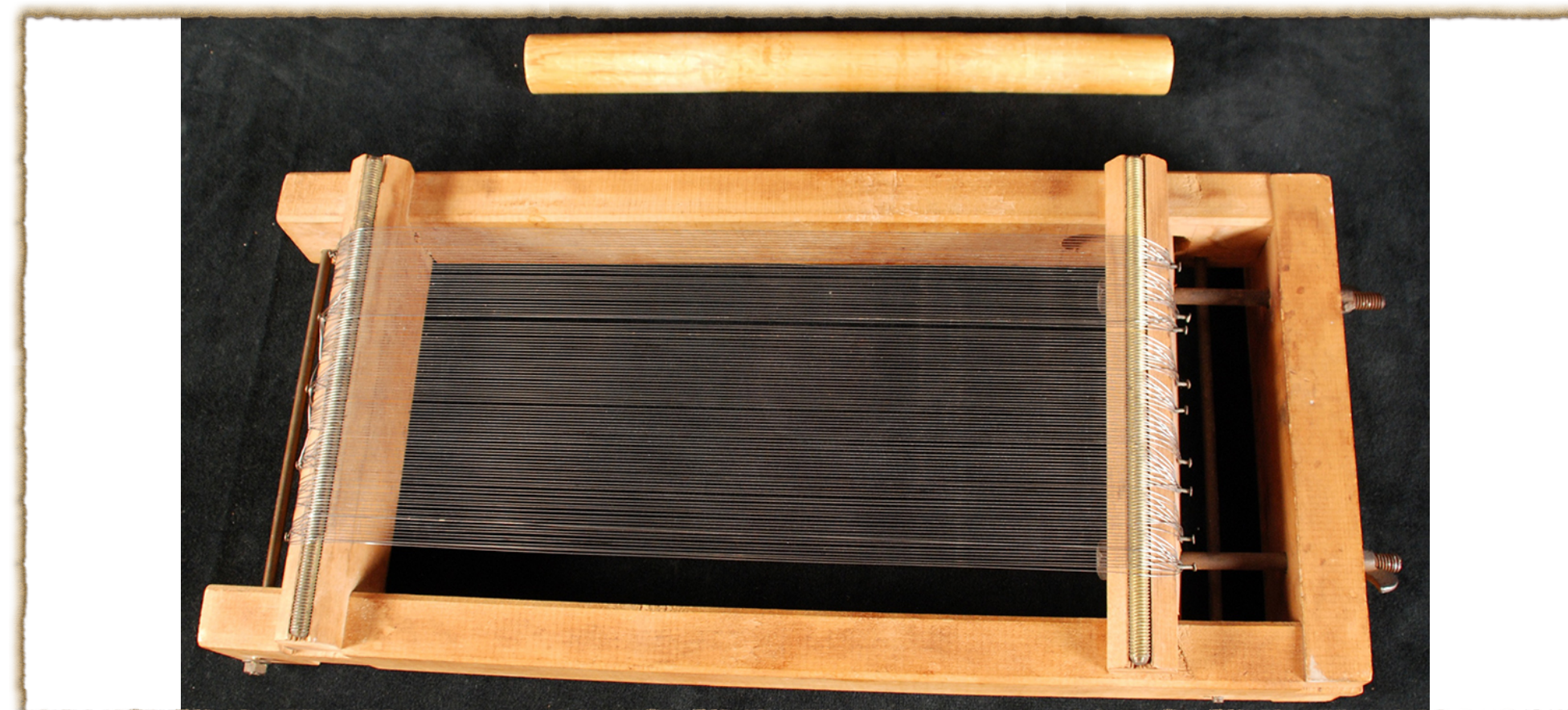
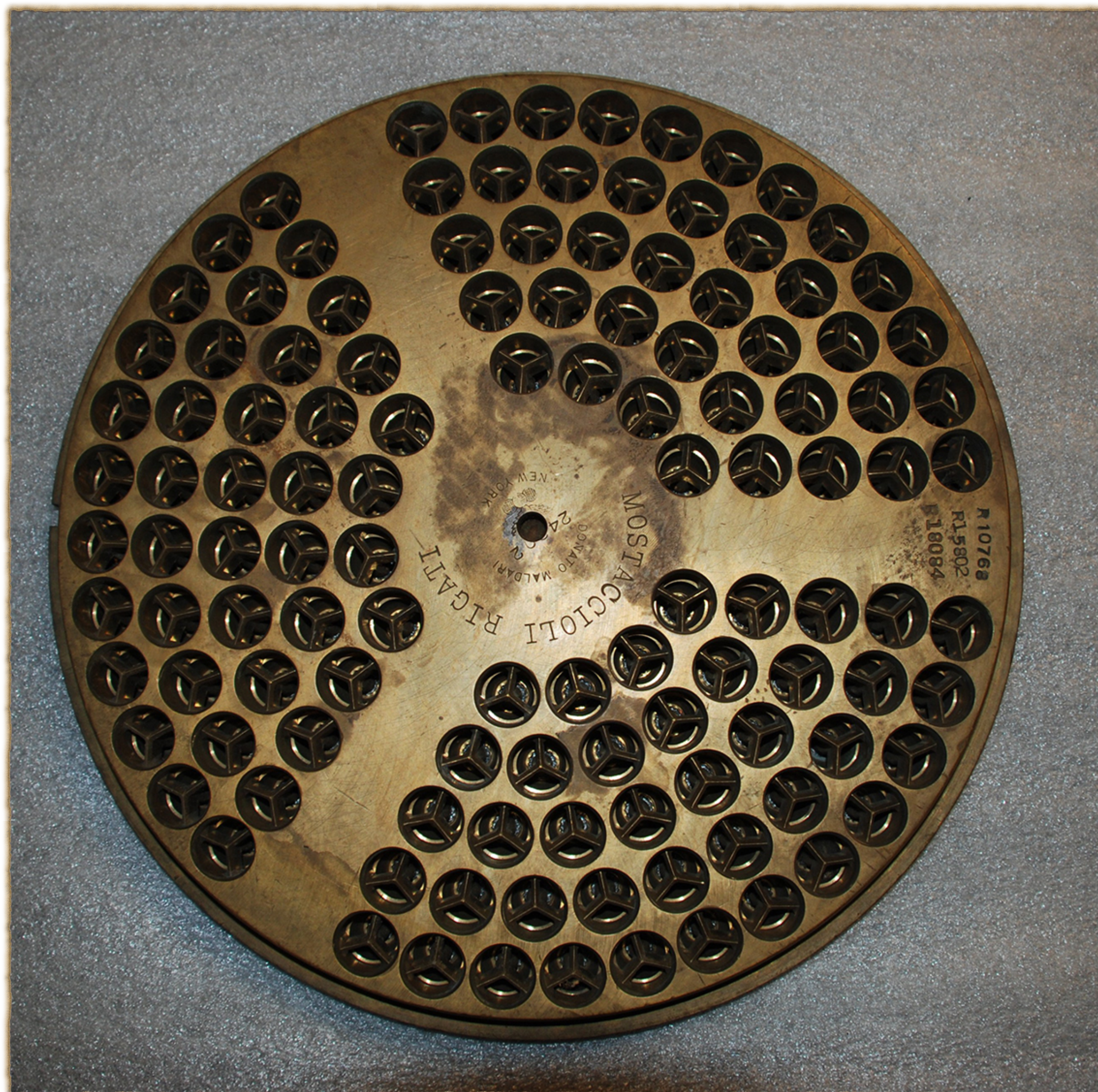


Holy Cannelloni, Tools!

La chitarra, a pasta guitar, is a frame strung with music wire, used to cut fresh pasta into strands

A hand-crank pasta machine, is twice as light as extruded pasta, cooks in half the time, and absorbs more sauce.

Pasta made in factories was produced by the extrusion method, where dough is forced through a shaped die, cut at the desired length, and heated to remove excess moisture.





Feelin a Little Saucey

Along with having so many options of pasta you have different sauces to combine them with.

The most common being marinara and Alfredo. Marinara consisting of tomato sauce, herbs and veggies like onion and peppers. Alfredo consist of heavy cream, butter, herbs, and parm cheese

But there's plenty of other combinations like a garlic butter sauce, white wine reduction or even combine both red and white sauce to make a pink sauce!

Another simple add on that can change the flavors of your pasta are herbs.



Basil

Basil is a fresh tasting herb. It has a sweet, fragrant smell and a unique peppery taste.

The leaves of the basil plant are large, delicate, and have a silky, smooth texture.



Oregano

The flavor of oregano is bold and earthy with a slight bitterness

The leaves of the oregano plant are very small and a dark green color.



Thyme

Fresh thyme has a pronounced, concentrated herbal flavor with sharp grass, wood, and floral notes (like lavender and rosemary).

Its small, rounded green leaves that tend to grow in clusters on woody stems



Parsley

Parsley has a clean and peppery taste with a touch of earthiness, making it a great all-rounder in the kitchen.

Italian parsley has broad, serrated, green leaves. As the name suggests, curly parsley's leaves are curled





PASTA LA VISTA, BABY

Questions or Comments?