

# Dancing Spoon

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## Perfect Pasta Preparation

### Quick Bites

If you can boil water, you can cook pasta perfectly. Here are some simple tips:

Don't skimp on the water! Use a large enough pot to boil four quarts of water per pound of pasta.



Adding a good pinch of salt will help the water boil faster and flavor the pasta.

Once the water has reached a boil, lower heat slightly to create a rolling boil.

There is no need to add any oil to the water to prevent the pasta from sticking. If you use the proper amount of water and keep the temperature at a rolling boil, the pasta will not stick.

Follow directions included on the package for the type of pasta you are preparing to ensure the correct cooking time. Pasta should be cooked *al dente* or 'to the tooth' meaning that the pasta should be firm but not hard. It should have a bite and not be soggy.

Before draining the pasta, save a cup of the boiling liquid your sauce. The starches in the liquid will thicken the sauce and help it cling to the pasta.

**DON'T RINSE YOUR PASTA!** Washing pasta after it has drained will remove all of the starches that help the sauce adhere to the pasta.

Now that you know how to cook your pasta, here are a couple of suggestions to help you match the right pasta with the right sauce:

## Perfect Pasta and Sauce Pairings

*Schiaffoni* comes from the word "*schiaffeggiare*," which means "to slap." The *Schiaffoni* cut is a large oval shaped noodle that, due its bulky size, tends to slap sauce around on the plate, hence the inspiration for its name. *Schiaffoni* should be paired with a heavy, flavorful sauce that will cling to each noodle. *Sauce Pairing Suggestion:* Cherry tomato and basil with crushed red pepper.

*Pappardelle* are large fettuccine noodles whose name derives from the verb "*pappare*," which means to "gobble up." *Pappardelle* are typically two to three centimetres (about an inch) wide and have fluted edges, perfect for holding cream sauces. *Sauce Pairing Suggestion:* Cream sauce with porcini and mixed mushrooms.

*Penne Rigate* Penne is the plural form of the Italian “*penna*,” meaning feather or quill. In Italy, penne are produced in two variants: *penne lisce* (smooth) and *penne rigate* (furrowed), the latter having ridges on each noodle. The ridges allow this cut to grab and hold the pasta sauce. *Sauce Pairing Suggestion:* Traditional tomato & basil.

*Spaghetti* derives from the Italian word *spago*, meaning "thin string" or "twine". The word spaghetti literally translates to "little strings." Spaghetti lovers should take care not to overpower this thin pasta with heavy sauces. Olive oil and white wine based sauces will do the trick! *Sauce Pairing Suggestion:* White wine and clam.

The logo for Garofalo is written in a cursive, handwritten style. The word "Garofalo" is written in a dark color, with a long, thin horizontal line extending from the bottom left of the 'G' across the bottom of the word.

These preparation and pairing tips are from *Massimo Menna* of Garofalo Signature Pasta. All Garofalo Signature pastas are produced at Garofalo's headquarters near the ruins of Pompeii, using time honored pasta making techniques and only the finest Semolina wheat, sourced from across the globe by owner Massimo Menna.

To buy Garogalo pasta [click here](#).