14

LEGUMES, GRAINS, PASTA, AND OTHER STARCHES

This chapter continues the discussion of starchy foods. The previous chapter focuses on a fresh vegetable, the potato, one of the most important starches on European and North American menus. This chapter, by contrast, discusses preparations based on dried foods: legumes and grains.

For most of human history—and prehistory—grains have been the most important source of nutrients and calories to sustain life, and this remains true today in many parts of the world. For example, in parts of Asia, rice is eaten at nearly every meal. In Japan, the standard words for *breakfast*, *lunch*, and *dinner* can be translated as "morning rice," "noon rice," and "evening rice."

In many regions, dried beans, eaten together with rice, are a more common source of protein than meat or fish. Dried legumes are actually matured, dried versions of some of the fresh vegetables discussed in earlier chapters and are not immediately thought of as starches. However, they do have a high starch content and, because of their dried nature, are handled much like grains.

Pastas and noodles are important starchy foods made from grains, usually wheat, but also rice and other grains. In this chapter we look primarily at the noodle products inherited from Italian cuisine, but we also learn about noodles from other cuisines.

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Identify the major types of dried legumes and the methods for cooking them properly.
2. Identify the major types of rice and other grains and the methods for cooking them properly.
3. Prepare fresh and commercial pasta products and dumplings.

DRIED LEGUMES

A **legume** is a plant that bears seed pods that split along two opposite sides when ripe. Legumes include beans, peas, lentils, and a number of other plants. In culinary usage, we use the word to refer to the seeds from these pods, especially when they are mature and dried. (Do not confuse the English meaning of ***legume*** with that of the French word ***legume***, which means "vegetable.")

Dried beans and peas have been used as food for thousands of years, and they continue to be important foods today. In fact, with today's increased interest in healthful eating and in vegetables of all sorts, as well as a greater knowledge of cuisines from around the world, many more interesting varieties of beans are widely available now than only a few years ago.

Legumes are high in protein and, thus, are important in vegetarian diets. They are rich in B vitamins and minerals. Some legumes, like the soybean, are also rich in fat.

TYPES AND VARIETIES

The three most important types of dried legumes in Western kitchens are kidney beans, peas, and lentils. Several unrelated legumes, including chickpeas, fava beans, soybeans, and lima beans, play smaller roles on the menu. The following descriptions include most of the commonly available beans.

Kidney Beans

Most of the many-colored beans in the illustrations are types of kidney bean. These are all varieties of one species of plant—the same plant that gives us the common green bean. Their flavors and textures vary slightly, but their cooking and handling characteristics are similar, although some may require longer cooking times than others.

A subgroup of this family is sometimes called **haricot beans** (***haricot*** is the French word for "bean"). These are all varieties of green bean (***haricots verts***) that are allowed to ripen until the seeds are mature and dry. The members of this group are white beans of various sizes. The term ***kidney bean*** is then used for the remaining beans in this family, which have colors other than white.

The most common kinds of kidney bean and haricot bean are summarized in Table 14.1.

Peas

Dried ***green*** and ***yellow*** peas are the same peas we eat as a fresh vegetable, but they are left on the vine until mature and dry. They are usually split, with the hull removed, in order to speed cooking time, although whole peas are also available.

Split peas cook quickly without preliminary soaking.

Black-eyed peas and ***pigeon peas*** are popular in the southern United States as well as in parts of Africa and the Caribbean. They are not related to green or yellow peas or to kidney beans but, like regular peas, are often sold fresh in the pod as well as dried. Black-eyed peas are small, white, kidney-shaped beans with a black spot where the bean attaches to the pod. Pigeon peas are small and round or oval, with beige skin flecked with brown.

Lentils

Lentils are small, lens-shaped legumes. They have a shorter cooking time than kidney beans, even when whole, and do not need soaking. If desired, however, they may be soaked, resulting in an even shorter cooking time.

The most prized lentils are the tiny ***green lentils***, commonly known as ***Le Puy*** lentils because the best ones are grown in Le Puy, France. (*Note*: Only lentils actually grown in Le Puy should be given this name. If grown elsewhere, they are simply called ***green lentils***.) They have a dark green or gray-green hull and, unlike other lentils, keep their shape fairly well when cooked.

The larger ***brown lentils*** are the most common lentils in Western kitchens. They range in color from medium brown to greenish-brown.

Red lentils have long been a mainstay in India and have become popular in the West only recently. They are tiny, salmon-pink lentils that have been split, with the dark hull removed. Red lentils turn yellow when cooked and break apart to form a purée.

Yellow lentils are small split lentils similar to red lentils, but less often seen.

TABLE 14.1 The Kidney Bean/Haricot Bean Family

Name	Description
Haricot beans	
Navy bean	small, oval white bean
Pea bean	similar to but smaller than navy bean
Rice bean	tiny white bean slightly larger than a grain of cooked rice
Great Northern bean	medium-small white bean
White kidney bean, cannellini	large, white kidney-shaped bean
Soissons (swah sohn)	medium white bean
Flageolet	small, pale green bean, harvested while immature and then dried
Tarbais	large, white bean, broad and flat; larger than cannellini
Kidney beans	
Red kidney bean	dark red-brown medium bean with tough skin
Pink kidney bean	pink-red bean similar to red kidney
Pinto bean	medium kidney bean with tan skin splotched with pink-brown
Black bean or turtle bean	small, black, oval kidney bean
Cranberry bean or borlotti bean	medium kidney bean, pale pink skin spotted with red
Brown or Swedish bean	small, oval, brown-skinned bean
Calypso bean	medium oval bean, white with black patches
Appaloosa bean	medium kidney-shaped bean with black and white skin



Top row: navy beans, garbanzo beans or chickpeas, Great Northern beans. Bottom row: baby lima beans, cannellini beans or white kidney beans, rice beans.



Top row: black turtle beans, dried fava beans. Bottom row: Swedish brown beans, calypso beans, flageolet beans.



Top row: red kidney beans, pink beans, appaloosa beans. Bottom row: cranberry beans or borlotti, Christmas lima beans, pinto beans.



Top row: yellow split peas, green lentils, green split peas. Bottom row: brown lentils, red lentils, black-eyed peas.

Other Legumes

A number of other legumes are also important.

Lima beans, also called ***butter beans***, are flat, broad beans ranging from creamy white to pale pastel green in color, in a range of sizes from large to small. They have a starchy texture and a distinctive flavor unlike that of any of the kidney beans. Like peas, they are often harvested when they are immature and moist and eaten as a fresh vegetable.

Chickpeas, also called ***garbanzos*** or, in Italian, ***ceci*** (chay chee), are round, hard, yellow-brown beans about twice the size of peas and best known as the main ingredient in hummus (p. 752). They stay firm and whole when cooked and have a nutty flavor. Dried chickpeas are also ground into flour.

Fava beans are broad, flat beans, the matured dried form of the vegetable discussed on page 285. The brilliant green of the immature vegetable turns a creamy brown color when the bean is dried. The skin of the dried fava is tough and the texture is starchy.

Soybeans are one of the world's most important bean crops because of their high protein content as well as their rich oil content. Fresh soybeans are used as a vegetable (p. 287). Dried soybeans are very hard and require a long cooking time, but they are not often cooked and eaten directly. Rather, they are used to make a variety of other foods, such as soy sauce, soybean paste or ***miso***, and tofu or bean curd. These products are discussed in Chapter 27.

Mung beans are small, round beans with a dark green skin and white interior. They are often sprouted to make the bean sprouts widely used in Chinese cooking. As dried legumes, they are available whole or hulled and split. The split form has a much shorter cooking time. Split mung beans break apart when cooked to make a purée. Mung beans belong to the same family as pigeon peas and black-eyed peas.

Adzuki beans are small, oval beans with a thick red skin. They are used primarily in Asian cooking in sweet as well as savory dishes.

Dal, or ***dhal***, is the generic term in India for dried legume. Legumes used in Indian cuisine include ***moong dal*** (mung bean), ***masoor dal*** (red lentil), ***urad dal*** (a tiny, white split lentil), and ***chana*** (chickpea).

PROCEDURE for Preparing Dried Legumes

1. Pick over to remove any foreign particles. Rinse well.
2. Soak overnight in 3 times the volume of water. (Split peas and some lentils do not require soaking. Check package directions.)
3. Drain the beans. Place them in a pot and add fresh cold water to cover by 1–2 inches (2.5–5 cm).
4. Bring to a boil. Reduce heat and simmer, covered, until tender. Do not boil, or the legumes may toughen. Some beans require up to 3 hours of simmering.
5. Check texture for doneness. A properly cooked bean is soft and creamy in texture, not hard or grainy. Unless a purée or soup is desired, kidney beans should remain intact, not cooked so long they are falling apart. Other peas and beans will form a purée or remain whole, depending on the type.
6. If you forget to soak beans overnight, an alternative method can be used. Put the beans in a cooking pot with 3 times their volume of cold water. Bring to a boil. When water just starts to boil, cover tightly and remove from the heat. Let stand 1 hour. Then proceed with step 3 above.

COOKING LEGUMES

Because dried beans, peas, and lentils are dry and hard, they must be rehydrated—that is, they must absorb water—in order to be made edible. Thus, the primary cooking method used to prepare dried legumes is simmering. Once the beans are cooked and tender, they can be finished in a variety of ways. The recipes in this section give a sample of ways to prepare legumes. Additional recipes are included in Chapter 10 (Soups), Chapter 22 (Salads and Salad Dressings), and Chapter 27 (Cooking for Vegetarian Diets).



KEY POINTS TO REVIEW

- What are the three major types of dried legumes? Give examples of each.
- In addition to the three main types of legumes, what are six other important legumes used in the kitchen? Describe them.
- What are the steps in the basic procedure for preparing dried legumes?

White Beans, Bretonne Style

YIELD: ABOUT 6 LB (3 KG) PORTIONS: 20 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
2 lb	1 kg	Dried white beans
1	1	Carrot, small
1 stem	1 stem	Celery
1	1	Onion, small, peeled
		Sachet d'épices:
1	1	Bay leaf
6–8	6–8	Parsley stems
3–4	3–4	Peppercorns
1	1	Clove
pinch	pinch	Thyme
4 oz	125 g	Butter
8 oz	250 g	Onion, diced
2	2	Garlic cloves, chopped
1 lb	500 g	Canned tomatoes, with juice, coarsely chopped
as needed	as needed	Pan juices from roast lamb (optional; see *Note*)
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Soak the beans overnight in cold water.
2. Drain the beans and place in a pot with enough water to cover by 1 in. (2.5 cm). Add the carrot, celery, onion, and sachet. Simmer until the beans are tender but not soft or broken (1–3 hours, depending on the beans). Drain, but save the liquid. Discard the vegetables and sachet.
3. Heat the butter in a large saucepot or brazier. Sauté the onion and garlic until soft. Add the tomatoes and cook a few minutes to reduce liquid.
4. Add the beans to this mixture and stir carefully. Simmer until heated through and flavors are blended. If too dry, add some of the bean cooking liquid. Add pan drippings, if you are using them. Season to taste.

Per serving: Calories, 200; Protein, 11 g; Fat, 5 g (22% cal.); Cholesterol, 10 mg; Carbohydrates, 29 g; Fiber, 7 g; Sodium, 90 mg.

Note: This preparation is often served with roast leg of lamb or other lamb roast. If so, the pan drippings may be used to flavor the beans.



White Beans, Bretonne Style

Baked Beans, New England Style

PORTION: 10 PORTION SIZE: 4½ OZ (125 G)

U.S.	METRIC	INGREDIENTS
1 lb	450 g	Dried beans, navy or Great Northern
		Bouquet garni:
1	1	Bay leaf
6–8	6–8	Parsley stems
¼ tsp	1 mL	Dried thyme
a few	a few	Celery tops
1½ cup	120 mL	Molasses
1 oz	30 g	Brown sugar
1½ tsp	7 mL	Dry mustard
1½ tsp	7 mL	Salt
4 oz	110 g	Salt pork, medium dice

PROCEDURE

1. Soak the beans overnight in enough water to cover by 2 in. (5 cm).
2. Place the beans and liquid in a pot and add the bouquet garni. Bring to a boil and skim foam. Reduce heat to a simmer. Cover and simmer 45 minutes–1 hour, or until beans are just tender but not soft. Add more water if necessary during cooking.
3. Drain the beans, reserving the cooking liquid. Discard the bouquet garni.
4. Mix the molasses, brown sugar, dry mustard, salt, and 1 pt (500 mL) of the bean cooking liquid. If there is not enough bean liquid, add water to make up the difference.
5. Mix the beans, molasses mixture, and salt pork in a 2-qt (2-L) pot or deep baking pan.
6. Bake, covered, at 300°F (150°C) for 2–2½ hours. Add more liquid if necessary during baking.

Per serving: Calories, 290; Protein, 10 g; Fat, 10 g (31% cal.); Cholesterol, 10 mg; Carbohydrates, 41 g; Fiber, 7 g; Sodium, 520 mg.

VARIATIONS

Michigan Baked Beans

Reduce molasses to 2 tbsp (30 mL) and add 1 cup (240 mL) tomato sauce or tomato purée.

Frijoles de la Olla (Mexican Pinto Beans)

PORTIONS: 16–20 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1½ lb	750 g	Dried pinto beans or pink beans
3 qt	3 L	Water, cold (see *Note*)
6 oz	175 g	Onion, sliced thin
1–2	1–2	Garlic cloves, chopped
1	1	Jalapeño or other green chile, chopped (optional)
2 oz	60 g	Lard or rendered pork fat
2 tsp	10 mL	Salt

PROCEDURE

1. Combine the beans, water, onion, garlic, and jalapeño in a pot. Bring to a boil, reduce heat, and simmer, covered, 1½ hours. Check the pot from time to time and add more water, if needed, to keep the beans covered.
2. Add the lard and salt. Continue to simmer until the beans are tender. Do not let the beans go dry. There should always be some broth. Add hot water if necessary.
3. The beans will hold refrigerated for several days.

Per serving: Calories, 170; Protein, 8 g; Fat, 4 g (20% cal.); Cholesterol, 5 mg; Carbohydrates, 27 g; Fiber, 9 g; Sodium, 290 mg.

Note: The beans may be soaked overnight, if desired (although many Mexican cooking authorities feel the results are not as good). If they are soaked, reduce the water for cooking to 1½ pt (750 mL).

VARIATIONS

Frijoles Refritos

For the quantity of beans in the basic recipe, make in at least 3 batches. Mash the beans coarsely. Heat 2 oz (60 g) lard in a large sauté pan. Add 2 oz (60 g) chopped onion and fry until soft, but do not brown. Add one-third of the cooked, mashed beans (about 1½ lb/750 g, including broth) to the pan. Stir and mash the beans over heat until the beans start to dry out and pull away from the sides of the pan. Roll the mass out of the pan like an omelet. Sprinkle with grated cheese (mild cheddar or Monterey jack) and serve with tortilla chips.

Vegetarian Pinto Beans

Omit the lard or pork fat from the basic recipe.

Black Bean Cakes with Two Salsas

YIELD: 30 CAKES, 1.25 OZ (38 G) EACH PORTIONS: 15 PORTION SIZE: 2 CAKES, 1½ FL OZ (45 ML) SALSA

U.S.	METRIC	INGREDIENTS
1 fl oz	30 mL	Olive oil
1 lb	500 g	Onion, cut brunoise
2–4	2–4	Garlic cloves, chopped
1–2	1–2	Jalapeños, seeded and cut brunoise
2 tsp	10 mL	Ground cumin
2 lb	1 kg	Cooked black beans (see *Note*)
1 tsp	5 mL	Dried oregano
to taste	to taste	Salt
to taste	to taste	Pepper
3 fl oz	100 mL	Olive oil
1 pt	450 mL	Salsa Cruda (p. 213)
1 pt	450 mL	Salsa Verde Cocida (p. 212)

PROCEDURE

1. Heat the olive oil in a sauté pan over moderately low heat.
2. Add the onions and garlic and sweat until very soft. Do not brown.
3. Add the jalapeño and ground cumin. Cook slowly another few minutes.
4. Add the beans and oregano. Cook until heated through.
5. Transfer the mixture to a food processor and process to form a coarse purée. The mixture should be thick enough to hold its shape, but not too dry. If necessary, moisten with a little water.
6. Taste and adjust the seasoning with salt and pepper.
7. Divide the mixture into 1.25-oz (38-g) portions. Form into small, flat cakes.
8. Brown the cakes lightly on both sides in hot olive oil in a sauté pan. They will be very soft; handle carefully.
9. Serve 2 cakes per portion with 1fl oz (30 mL) of each salsa.

Per serving: Calories, 260; Protein, 9 g; Fat, 12 g (41% cal.); Cholesterol, 0 mg; Carbohydrates, 30 g; Fiber, 9 g; Sodium, 180 mg.

Note: Canned black beans may be used, but they should be drained and rinsed.



Black Bean Cakes with Two Salsas, crême fraîche flavored with cilantro, and toasted tortilla cutouts

Green Lentils with Celery Root and Mustard ♥

YIELD: 3 LB 12 OZ (1.8 KG) PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
1 lb 4 oz	600 g	Green (Le Puy) lentils
1	1	Onion, small, whole
		Sachet d'épices (p. 162):
¼ tsp	1 mL	Dried thyme
6	6	Peppercorns
1	1	Bay leaf
8–10	8–10	Parsley stems
1	1	Whole cloves
1	1	Garlic clove
4 oz	120 g	Celery root, small dice
1½ oz	45 g	Onion, brunoise
1½ oz	45 g	Carrot, brunoise
1 fl oz	30 mL	Olive oil
1 fl oz	30 mL	Dijon-style mustard
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Rinse and drain the lentils.
2. Place the lentils, onion, and sachet in a saucepan and add enough water to cover the lentils by 2 in. (5 cm).
3. Bring to a simmer and cook until tender but still firm. This may take from 10 minutes to more than 30, depending on the lentils. Add more water if necessary if the cooking time is long.
4. Drain the lentils, reserving the cooking liquid. Discard the onion and sachet.
5. Sweat the celery root, onion brunoise, and carrot in the olive oil 1 minute.
6. Add a little of the lentil cooking liquid to moisten the vegetables and continue to cook until the celery root is tender. Add more liquid from time to time as needed.
7. When the vegetables are tender, stir in the mustard.
8. Add the lentils and stir. Cook just until the lentils are hot.
9. Add salt and pepper to taste.

Per serving: Calories, 200; Protein, 13 g; Fat, 2.5 g (11% cal.); Cholesterol, 0 mg; Carbohydrates, 32 g; Fiber, 8 g; Sodium, 90 mg.



Green Lentils with Celery Root and Mustard

Hoppin' John ♥

PORTIONS: 12 PORTION SIZE: 6 OZ (180 G)

U.S.	METRIC	INGREDIENTS
1 lb	450 g	Dried black-eyed peas
8 oz	225 g	Bacon, chopped
8 oz	225 g	Onion, chopped fine
½ tsp	2 mL	Red pepper flakes
as needed	as needed	Water or chicken stock
1 lb	450 g	Long-grain rice
to taste	to taste	Salt

PROCEDURE

1. Clean, soak, and cook the peas according to the procedure for cooking dried legumes (p. 376). Drain. Reserve the cooking liquid.
2. Render the bacon in a heavy saucepot, cooking until crisp.
3. Remove the bacon with a slotted spoon and set aside.
4. Add the onion and the red pepper flakes to the pot. Cook until the onion is soft.
5. Measure the reserved cooking liquid from step 1. Add enough water or chicken stock to measure 2 qt (2 L).
6. Add the liquid, the cooked beans, and the rice to the pot. Bring to a boil, reduce heat, and cover. Cook at a low simmer until the rice is tender, 15 minutes or a little longer.
7. Remove from the heat and let stand, covered, 5 minutes.
8. Fluff the rice with a fork while stirring in the reserved bacon, and salt to taste.

Per serving: Calories, 210; Protein, 9 g; Fat, 2 g (9% cal.); Cholesterol, 5 mg; Carbohydrates, 37 g; Fiber, 5 g; Sodium, 100 mg.

Purée of Flageolet Beans with Garlic

YIELD: 2 LB (1 KG) PORTIONS: 8 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Dried flageolet beans
1	1	Sachet d'épices (p. 162)
1½ pt	750 mL	Water or light vegetable stock
3–4	3–4	Garlic cloves, peeled and chopped
1 tsp	5 mL	Salt
6 fl oz	180 mL	Olive oil
1½ fl oz	45 mL	Lemon juice
to taste	to taste	Additional salt
to taste	to taste	Pepper

PROCEDURE

1. Rinse and drain the beans. Soak overnight in enough cold water to cover by several inches (5 cm or more).
2. Drain. Add the sachet and the water or stock. Simmer until the beans are tender, about 45 minutes. Discard the sachet.
3. Mash the chopped garlic with the salt.
4. Drain the beans. Place the beans in a food processor with the garlic and olive oil. Blend to a purée.
5. With the motor running, pour in the lemon juice. The purée should have the consisency of soft mashed potatoes.
6. Adjust seasoning to taste with salt and pepper if necessary.
7. Serve warm as a vegetable accompaniment (reheat as necessary) or cold as a dip.

Per serving: Calories, 320; Protein, 9 g; Fat, 22 g (60% cal.); Cholesterol, 0 mg; Carbohydrates, 24 g; Fiber, 8 g; Sodium, 290 mg.

VARIATIONS

Other beans, such as white kidney beans and pinto beans, may be substituted.

Flageolet Beans with Wilted Arugula

Cook the beans as in the basic recipe, but do not purée. Use 1–2 cloves garlic and 2 fl oz (60 mL) olive oil. Chop the garlic and sauté in the olive oil. Add 8 oz (250 g) coarsely chopped arugula and sauté just until wilted. Add this mixture to the drained, hot beans. Season to taste.

Masoor Dal (Red Lentils with Spices)

PORTIONS: 12 PORTION SIZE: 8 FL OZ (240 ML)

U.S.	METRIC	INGREDIENTS
1 lb 4 oz	575 g	Red lentils
2½ qt	2.5 L	Water
4	4	Garlic cloves, chopped
4 thin slices	4 thin slices	Fresh ginger root
2 tbsp	30 mL	Chopped fresh cilantro
2 tsp	10 mL	Turmeric
½ tsp	2 mL	Cayenne
1½ fl oz	45 mL	Lemon juice
to taste	to taste	Salt
2 fl oz	6 mL	Vegetable oil
2 tsp	10 mL	Cumin seed

PROCEDURE

1. Sort, rinse, and drain the lentils.
2. Put the lentils and water in a saucepot. Bring to a boil. Skim off any froth that rises to the top.
3. Add the garlic, ginger, cilantro, turmeric, and cayenne. Simmer until the lentils are very tender and falling apart, about 1½ hours.
4. Add the lemon juice and salt to taste.
5. To finish the dal, heat the oil in a small sauté pan. When it is very hot, add the cumin seed and cook a few seconds, until the cumin is aromatic.
6. Pour the oil and seeds into the dal and stir in.

Per serving: Calories, 200; Protein, 12 g; Fat, 5 g (21% cal.); Cholesterol, 0 mg; Carbohydrates, 30 g; Fiber, 8 g; Sodium, 20 mg.



Masoor Dal

Cranberry Beans with Asparagus

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
1½ lb	700 g	Asparagus
2 fl oz	60 mL	Olive oil
4 oz	125 g	Shallots, chopped fine
¼ oz	7 g	Garlic, chopped fine
3 lb	1.4 kg	Cranberry beans, cooked or canned, drained
2 tbsp	30 mL	Chopped fresh parsley
1 tbsp	15 mL	Chopped fresh basil
1 fl oz	30 mL	Red wine vinegar
¼ cup	80 mL	Grated parmesan cheese

PROCEDURE

1. Peel and trim the bottom of the asparagus stalks (p. 302).
2. Cook the asparagus in boiling salted water until just tender. Drain, cool in cold water, and drain again.
3. Cut the asparagus into pieces about 1½ inches (4 cm) long.
4. Heat the olive oil in a sauté pan over moderate heat.
5. Add the shallots and garlic. Cook until tender and lightly browned.
6. Add the beans to the pan. Toss over heat until the beans are hot.
7. Add the asparagus and herbs. Heat another minute or two, until the asparagus is hot.
8. Add salt to taste.
9. Just before serving, stir in the vinegar and the cheese.

Per serving: Calories, 180; Protein, 10 g; Fat, 5 g (24% cal.); Cholesterol, 0 mg; Carbohydrates, 25 g; Fiber, 10 g; Sodium, 50 mg.



Cranberry Beans with Asparagus

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Braised Lentils with Apple

Chickpeas in Spicy Tomato Sauce

Pasta e Fagioli

GRAINS

Wheat and rice are without doubt the world's two most important grains. Unlike rice, wheat is rarely cooked and eaten as a whole grain. Rather, its primary use is to be ground into flour for making breads and other baked goods. The use of grain flours in baked goods is the subject matter of the last seven chapters of this book. In this section, we look at other uses of grains in food-service kitchens.

TYPES OF GRAINS

Grains are the edible seeds of various members of the grass family. Each seed consists of four parts:

1. The husk—an inedible fibrous outer layer that is removed during processing
2. The endosperm—the starchy mass that forms most of the kernel
3. The bran—a tough but edible layer covering the endosperm
4. The germ—the tiny embryo that forms the new plant when the seed sprouts



Top row: basmati rice, glutinous rice, plain long-grain rice.
Bottom row: Japanese short-grain rice, jasmine rice, Arborio rice.



Top row: true wild rice, Wehani rice, cultivated wild rice.
Bottom row: parboiled or converted rice, brown long-grain rice.

A product labeled ***whole grain*** consists of the **endosperm**, **bran**, and **germ**. The grain may be polished or milled to remove the bran and germ. White rice and other polished grains are only the endosperm.

Although rice appears on menus more often than other grain starches, several other grains can also be served as side dishes to add variety to your menu. The most popular of these grains are described following the section on rice.

Rice

Regular milled white rice has been milled to remove the outer bran coating. This process removes some vitamins and minerals, but it produces a white, lighter-textured product most people prefer. White rice appears in several forms:

Enriched rice has received a coating of vitamins to compensate for some of the nutrients lost in milling.

Short-grain and **medium-grain** rice have small, round kernels that become sticky when cooked. They are used for such preparations as rice pudding and rice molds. In addition, the regular boiled rice used in Japanese cuisine for everyday eating and for making sushi is short-grain rice.

Long-grain rice has long, slender grains that stay separate and fluffy when properly cooked. It is used for side dishes, entrées, casseroles, and so on.

Parboiled or **converted** rice is a specially processed long-grain rice. It has been partially cooked under steam pressure, redried, and then milled or polished. This process results in a higher vitamin and mineral content, compared with regular milled white rice.

Parboiled rice is the most widely used in food service. The grains stay firm, separate, and light, and the product holds well in the steam table without becoming mushy or sticky. However, the flavor and texture are not like those of regular long-grain rice, so it is not preferred by all customers.

Converted rice takes slightly more liquid and time to cook.

Instant rice has been precooked and dried so it can be prepared quickly. It does not hold well after cooking, and the grains quickly lose their shape and become mushy.

Brown rice has the bran layer left on, giving it a light brown color, a slightly coarse, crunchy texture, and nutty flavor. Brown rice is available as short, medium, or long grain. Brown rice takes about twice as long to cook as white rice.

Arborio rice is one of several Italian varieties of a type of short-grain rice essential for making the highest-quality risotto (p. 392). It is the variety most often found in North America and the one specified in recipes. Two other varieties, less widely available, used for risotto are ***carnaroli*** and ***vialone nano***.

Basmati rice is an extra-long-grain rice widely used in India and surrounding countries. It has a distinctive nutty flavor. Brown basmati rice is also available.

Jasmine rice is a long-grain white rice from Thailand and other parts of Southeast Asia. It is fragrant, a little like basmati rice but more delicate or floral.

Wehani rice is another aromatic rice, red in color, with a rich, earthy flavor.

Wild pecan rice is a cultivated, not wild, long-grain rice from Louisiana. It is aromatic, with a nutty flavor, from which it gets the name ***pecan***.

Glutinous rice, also called **sticky rice** and ***sweet rice***, is a sweet-tasting short-grain rice that becomes quite sticky and chewy when cooked. It is used for a number of special dishes, including desserts, in Chinese and Japanese cuisines. It is often cooked by soaking and steaming rather than boiling (see the recipe on p. 447). Contrary to what you may read elsewhere, it is ***not*** the rice used for sushi, which is made with regular Japanese short-grain rice.

Wild rice is not a type of rice but an unrelated grain, so it is discussed with specialty grains below.

Corn

Unlike other grains, which have a husk covering each seed, **corn** has a set of husks covering the entire seed head, or ear. Also unlike other grains, corn is eaten as a fresh vegetable, although different varieties are grown as grain and as a vegetable.

Corn as a grain is not often cooked whole. More often, it is ground into **cornmeal** and cooked into a porridge or used in baked goods. ***Meal*** can be defined as a coarsely ground grain, as distinguished from ***flour***, which is finely ground grain. Common cornmeal is yellow or white, depending on the variety of corn it is made from.

Polenta is Italian-style cornmeal. Polenta has become popular in North America in recent years. Its preparation and uses are explained and illustrated on pages 396–397.

Hominy is corn that has been treated with lye. When it is cracked into a coarse meal, it becomes **grits**, popular in the southern United States and wherever the foods of the South are appreciated. Hominy in whole-grain form is known in Mexican cuisine as **pozole** (po soh leh). It requires several hours of simmering.

Blue corn, usually available as blue cornmeal, is derived from early varieties of corn grown by Native Americans.

Wheat

The most common use of wheat is to be made into flour. The milling process for white flour separates the bran and germ. **Wheat germ** and **wheat bran** can be purchased separately. They are usually used as additions to baked goods and some other dishes to enrich their nutritional content and to add flavor interest.

Whole wheat grains that have been cut into smaller pieces are called **cracked wheat**. This product is often added to breads and also can be cooked like pilaf (see p. 390).



Top row: Egyptian green wheat, hulled wheatberries. Bottom row: couscous, kasha, farro.

Wheatberries are the whole grain minus the hulls. They are generally cooked by boiling or simmering, but cooking time can be several hours. Soaking overnight reduces the cooking time to about 1 hour.

Bulgur is a type of cracked wheat that has been partially cooked or parched. It is usually available in coarse, medium, and fine granulations. Its cooking time is shorter than regular cracked wheat and, in fact, the fine granulations can be prepared simply by pouring boiling water over them and letting them stand for ½ hour. This type of bulgur is often served cold, mixed with lemon juice, olive oil, chopped scallions, and fresh herbs.

Green wheat is wheat that is harvested while immature and then dried. It can be cooked like cracked wheat.

Couscous (koose koose) is not actually a grain, although it resembles one. It is made from semolina wheat, a variety of high-protein wheat, and is sort of a granular pasta. See the discussion of couscous in the pasta section of this chapter (p. 403).

Other Grains

Wild rice is not actually rice but rather the seed of an unrelated grass native to the northern United States and Canada. The grains are long, slender, hard, and dark brown or nearly black in color. Because of its unique nutty flavor, scarcity, and high price, wild rice is considered a luxury food.

Wild rice is now widely cultivated, but the cultivated type is slightly different from that harvested in the wild. Grains of cultivated wild rice are generally larger and firmer, but the texture of the cooked rice is coarser and the flavor less complex. Cultivation has helped reduce the price of wild rice, however.

Farro (far oh) is a wheatlike grain that may be an ancestor of modern wheat. It has been used in the Mediterranean region for thousands of years and is still widely known in Tuscany and other parts of Italy. Farro has a flavor similar to that of wheat. It is higher in protein than wheat and can often be eaten by people who have wheat allergies. In North America, farro is known as **spelt**, although

the Italian name is catching on. (Some sources argue that spelt and farro are different grains, but according to the International Plant Genetic Resources Institute, "the only registered varieties of farro belong to ***T. spelta*** or spelt.")

Kamut (kah moot), like farro, is an ancient relative of wheat. It is similar to spelt in composition and flavor.

Buckwheat is technically not a grain because it is the seed not of a grass but of a plant with branched stems and broad, arrow-shaped leaves. Whole buckwheat is often ground into flour. When the grains are crushed into coarse pieces, they are called **buckwheat groats** and can be cooked like rice. Toasted buckwheat is called **kasha**. The toasting gives it a nutty flavor. Kasha is popular in Eastern European and Jewish cooking. Kasha is also cooked like pilaf (p. 389).

Barley is usually purchased as **pearled barley**, which has been milled to remove the outer bran layers. It is commonly used in soups, but it can also be cooked by the pilaf method and served like rice, although it has a longer cooking time.

Oats are most familiar in North America as a breakfast food. **Steel-cut oats** are whole grains that have been cut into small pieces, somewhat resembling cracked wheat. They are usually cooked as a porridge. **Rolled oats** are whole grains that have been steamed until soft and then flattened between rollers. This processing reduces their cooking time considerably. If they are cooked and not just softened during the steaming process, they become **instant oats**. These need no additional cooking, only reconstituting with boiling water.

Millet is a small, round yellow grain that is an important food source in much of Africa and Asia. It has a high protein content and a mild flavor. Millet is often used as bird seed in North America. It can be cooked like rice.

Quinoa (keen wah) is a grain native to the South American Andes that has only recently become a common feature of North American menus. Quinoa is high in good-quality protein and lower in carbohydrates than other grains. It is a tiny, round grain with an ivory color and a mild, delicate flavor. When cooked, the germ of the grain unwinds, making it look as though each grain has a tail. Before cooking, quinoa must be washed and rinsed well to remove a bitter coating that occurs naturally on the grain.

Triticale is a high-protein hybrid of wheat and rye. It is often ground into flour, but it can also be cooked whole like rice. Triticale has a nutty, sweet flavor.

Amaranth is a tiny, yellow-brown seed with a somewhat spicy, nutty flavor when cooked. It contains high-quality protein and thus is useful in vegetarian diets.

Flaxseeds are technically not a grain because they are not seeds of a grass. Flax has recently gained popularity because it is thought to have some health benefits due to its beneficial fiber as well as a high quantity of omega-3 fatty acids (p. 100). The seeds are used mostly in small quantities in breads and in commercial breakfast cereal preparations. Consuming them in large quantities can cause digestive problems.



Top row: quinoa, triticale, pearl barley. Bottom row: blue cornmeal, pozole, bulgur wheat.

STORING AND HANDLING GRAINS

Store raw grains at room temperature in a dark, dry place and in a tightly sealed container to keep out moisture and insects. Milled grains such as white rice that have had the germ removed will keep for many months. Whole grains are somewhat more perishable because the fat content of the germ can become rancid.

Depending on the source, whole grains may need to be picked over like dried beans (see p. 376) to remove foreign matter such as tiny stones or bits of soil. In addition, whole grains usually should be washed and drained before cooking.

Rice, our most commonly cooked grain, should be rinsed in cold water before boiling or steaming. This removes the excess starch that makes it sticky. The rice industry recommends ***not*** washing rice because it removes some of the vitamin coating of enriched rice. But that's probably a small price to pay for a more attractive product. This is a decision you will have to make in your own operation.

Do not buy low-grade rice, which tends to be dirty, or rice that has been coated with talc.

Rice cooked by the pilaf method (p. 389) does not need to be washed (unless it is dirty) because the fat coating each kernel helps keep the grains separate and reduces stickiness.

Converted rice and instant rice do not need to be washed.



KEY POINTS TO REVIEW

- What are the four parts of a grain kernel? Which of these parts are included in products labeled whole grain?
- What are the most important kinds of rice used in the kitchen? Describe them.
- What are the most important corn products used in the kitchen?
- In addition to rice and corn products, what other important whole-grain items are used as ingredients in the kitchen? Describe each.
- How should grains and grain products be stored?

COOKING GRAINS

Most grains are cooked by one of three cooking methods: the simmering method, the pilaf method, and the risotto method.

Simmering Methods

The most common method for cooking rice and other whole grains is to place the washed grain in a heavy pot with the right amount of water or other liquid to hydrate it, bring it to a simmer, cover, and cook slowly until all the water is absorbed. The exact amount of liquid needed varies considerably, depending on these factors:

1. The type of grain, its age, and its moisture content
2. Tightness or looseness of the cover (degree of moisture loss during cooking)
3. Desired moistness of the finished product

Because of all these factors, it is difficult to be precise when determining how much liquid to use. It is better to add too much liquid than too little. With too little moisture, the grain will not cook to tenderness. If a little too much is added, remove the pan from the heat, keeping it tightly covered, and let it stand for a few minutes. Liquid remaining in the bottom of the pan is likely to be absorbed. If there is much excess liquid, drain it off.

A second method, called the ***pasta method***, can be used. It is so called because, like pasta, the item is cooked in a large quantity of water and drained. This method is good for producing separate, unsticky grains. However, some nutrients are lost in the cooking water, so chefs disagree about the value of the method.

PROCEDURE for Simmering Rice and Other Grains

1. For whole grains, wash the grain in cold water as necessary. Drain.
2. Combine the grain with the proper amount of water or other liquid in a heavy saucepot. Bring to a boil. Stir.
3. Cover and cook over very low heat for the proper cooking time, depending on the grain.
4. Test for doneness. Cook a few additional minutes if necessary.
5. Remove from the heat. Drain excess liquid if necessary. Let stand, covered, to allow moisture to be absorbed uniformly by the grain.
6. For rice and any grains that stick together, fluff with a fork and turn out into a hotel pan to let steam escape and stop the cooking.

VARIATION: PASTA METHOD

1. Drop the washed, drained grain into a large pot of boiling salted water.
2. When just tender, pour into a strainer and drain well.
3. Place in a hotel pan. Cover and steam dry in oven 5–10 minutes, or leave uncovered and place in a steamer to steam dry.

Boiled and Steamed Rice

YIELD: ABOUT 3 LB (1.4 KG)	PORTIONS: 10	PORTION SIZE: 4½–5 OZ (140 G)
	12	4 OZ (115 G)
	16	3 OZ (90 G)

PROPORTIONS	U.S.	METRIC
Regular long-grain white rice		
Rice	1 lb	475 g
Water	1 qt	1 L
Salt	1 tsp	5 mL
Butter	1 oz	30 g
Parboiled long-grain rice		
Rice	1 lb	475 g
Water	4½ cups	1.1 L
Salt	1 tsp	5 mL
Butter	1 oz	30 g
Medium-grain white rice		
Rice	18 oz	525 g
Water	1 qt	1 L
Salt	1 tsp	5 mL
Butter	1 oz	30 g
Brown rice		
Rice	12 oz	350 g
Water	1 qt	1 L
Salt	1 tsp	5 mL
Butter	1 oz	30 g

Per 4½–5 oz (140 g) serving: Calories, 200; Protein, 4 g; Fat, 2.5 g (12% cal.); Cholesterol, 5 mg; Carbohydrates, 39 g; Fiber 1 g; Sodium, 260 mg.

PROCEDURES

Rangetop

1. Wash rice in cold water until water runs clear (optional step; see p. 385 for note on washing rice).
2. Combine all ingredients in a heavy pot. Bring to boil. Stir. Cover and cook over very low heat.

Cooking times:
Long- and medium-grain: 15–20 minutes
Parboiled: 20–25 minutes
Brown: 40–45 minutes

3. Test rice for doneness. Cook 2–4 minutes more if necessary.
4. Turn rice out into a hotel pan. Fluff with fork or slotted spoon to let steam escape.

Oven

1. Wash rice in cold water until water runs clear (optional step; see p. 385 for note on washing rice).
2. Bring salted water to boil. Combine all ingredients in a shallow steamer pan. Cover with foil or tight lid. Place in 375°F (175°C) oven.

Cooking times:
Long- and medium-grain: 25 minutes
Parboiled: 30–40 minutes
Brown: 1 hour

3. Test rice for doneness. Bake 2–4 minutes more if necessary.
4. Fluff rice with fork or slotted spoon to let steam escape.

Steamer

1. Wash rice in cold water until water runs clear (optional step; see p. 385 for note on washing rice).
2. Bring salted water to boil. Combine all ingredients in a shallow steamer pan. Place uncovered pan in steamer for cooking time recommended by equipment manufacturer.

Cooking times depend on type of steamer.

3. Test rice for doneness. Steam 2–4 minutes more if necessary.
4. Fluff rice with fork or slotted spoon to let steam escape.

Simmering Meals and Cereals

Procedures for cooking meals and cereals such as polenta and oatmeal differ somewhat from procedures for cooking whole grains. Cracked or flaked cereals such as rolled oats consist of large particles. They are usually stirred into boiling water. Because of the size of the particles, there is little danger of lumping.

Granular meals such as cornmeal can be stirred into boiling water if care is taken to add the grain slowly and to stir constantly and vigorously while doing so, in order to avoid lumps. See the recipe for polenta (p. 396). Alternatively, combine the meal with cold liquid, stir, and bring to a simmer while continuing to stir. Mixing the meal with cold liquid separates the granules to prevent lumping.

PROCEDURE for Simmering Whole, Cracked, or Flaked Cereals

1. Measure the correct amount of liquid into a pot and bring to a boil.
2. Measure the correct amount of meal or cereal.
3. Add the cereal slowly to the boiling liquid, stirring constantly.
4. Stir until some thickening takes place. Depending on the grain, continue to stir constantly, or stir only occasionally. Some cereals, such as oatmeal, become gummy with excessive stirring.
5. Reduce heat to a slow simmer and cook to desired doneness and consistency.
6. To prevent drying, keep the cooked grain covered until serving.

VARIATION: SIMMERING MEALS AND GRANULAR CEREALS

The procedure is the same as above, except the cereal is mixed with cold liquid. This separates the grains to prevent lumping. Place the mixture in a pot, bring to a simmer, and cook as in the basic procedure.

The Pilaf Method

The pilaf method is equivalent to braising. The grain is first sautéed in fat and then cooked in liquid—preferably in the oven for uniform heating—until the liquid is absorbed (Fig. 14.1). The fat helps keep the grains separate and adds flavor.

FIGURE 14.1 Making rice pilaf.



(a) Sweat the onion or shallot.



(b) Add the rice and sauté briefly.



(c) Pour in the hot stock or other liquid.



(d) Bring to a boil and cover. Cook at low heat on top of the stove or in the oven for the required time.



(e) The finished pilaf.

It is normal to measure rice by volume when making pilaf, as the proportions are based on volume measure. One pint of raw rice weighs about 14 ounces, or 1 pound measures about 2¼ cups (1 L weighs about 875 g; or 1 kg measures 1.15 L). Regarding exact measurements, see the note following the pilaf recipe.

PROCEDURE for Cooking Grain by the Pilaf Method

1. Heat the desired fat (such as butter or olive oil) in a heavy pan. Add chopped onion or other aromatic vegetable, if desired, and sauté until soft but not browned.
2. Add the grain. Stir to coat the grains with fat.
3. Cook the grain in the fat, stirring, to toast the grain lightly.
4. Add the proper amount of hot liquid.
5. Bring to a simmer, stirring occasionally.
6. Cover tightly. Cook on the stovetop or, preferably, in an oven, for the correct length of time, depending on the grain.
7. Remove from the heat and let stand, covered, to allow the moisture to be absorbed uniformly by the grain.

The Risotto Method

Risotto is a classic Italian preparation made by a special procedure that is like neither the boiling method nor the pilaf method. After sautéing the rice, add a small amount of hot stock or other liquid and stir until the liquid is absorbed. Repeat this procedure until the rice is cooked but still firm. Risotto should be served quickly, as it does not hold well. The finished product has a creamy consistency due to the starch that is cooked out of the rice. The grains are not fluffy and separate.

The word ***risotto*** comes from the Italian word ***riso***, meaning "rice." Other grains can be cooked using the same method, although strictly speaking they should not be called ***risotto***. In Italy, farro cooked by the risotto method is called ***farrotto***, and orzo pasta cooked this way is called ***orzotto***. In the English-speaking world, however, the word ***risotto*** is more likely to be understood and is often used on menus, but with the grain specified if any type other than rice is used. For example, farrotto might be called ***farro risotto***.

PROCEDURE for Cooking Grain by the Risotto Method

1. Heat the desired fat (such as butter or olive oil) in a heavy pan. Add chopped onion or other aromatic vegetable, if desired, and sauté until soft but not browned.
2. Add the grain. Stir to coat the grains with fat.
3. Cook the grain in the fat, stirring, to toast the grain lightly.
4. Add a small amount of boiling liquid. Cook slowly, stirring, until the liquid is absorbed by the grain.
5. Add a second small quantity of liquid and repeat the procedure.
6. Continue adding a small quantity of liquid at a time, stirring constantly, and waiting until the liquid is absorbed before adding more.
7. Stop adding liquid when the grain is tender but still firm. It should be moist and creamy but not runny.



KEY POINTS TO REVIEW

- What are the steps in the basic procedure for simmering rice and other grains?
- How is the procedure for cooking cracked and flaked cereals different from cooking meals or granular cereals?
- What are the steps in the procedure for cooking grain by the pilaf method?
- What are the steps in the procedure for cooking grain by the risotto method?

Rice Pilaf

YIELD: ABOUT 3 LB (1.4 KG)	PORTIONS: 10	PORTION SIZE: 5 OZ (150 G)
	12	4 OZ (125 G)
	16	3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
2 oz	60 g	Butter
3 oz	90 g	Onions, fine dice
1 pt (see *Note*)	500 mL (see *Note*)	Long-grain rice
1½–2 pt (see *Note*)	750 mL–1 L (see *Note*)	Chicken stock or water, boiling
to taste	to taste	Salt

Per 5-oz (150-g) serving: Calories, 190; Protein, 4 g; Fat, 5 g (23% cal.); Cholesterol, 15 mg; Carbohydrates, 33 g; Fiber, 1 g; Sodium, 50 mg.

Note: Rice for pilaf is measured by volume rather than by weight. Use 1½–2 times its volume in stock or water (1¾ times is the normal proportion for long-grain rice). For example, use 2 pints liquid per 1 pint of rice (1 L liquid per 0.5 L rice) if you desire a moister product or if you are using parboiled rice. Use 1½ pints (0.75 L) liquid if you desire a drier product and if your cover is tight enough to retain most of the steam.

PROCEDURE

1. **Heat the butter in a heavy saucepan. Add the onion and sauté until it begins to soften. Do not brown.**
2. **Add the rice, without washing. Stir over heat until the rice is completely coated with butter.**
3. **Pour in the boiling liquid. Return the liquid to a boil with the rice. Taste and adjust seasonings; cover tightly.**
4. **Place in a 350°F (175°C) oven and bake 18–20 minutes, or until liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, replace in oven 3–5 minutes.**
5. **Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.**
6. **If desired, additional raw butter may be stirred into finished rice.**

VARIATIONS

Tomato Pilaf

Prepare as in the basic recipe, using 12–16 oz (375–500 mL) chicken stock and 1½ lb (700 g) chopped tomatoes with juice.

Spanish Rice

Prepare like Tomato Pilaf, but use bacon fat and sauté 6 oz (175 g) diced green bell pepper, 1 crushed garlic clove, and 1 tbsp (15 mL) paprika with the onion.

Turkish Pilaf

Sauté ¼ tsp (1 mL) turmeric with the rice. To finished rice, add 4 oz (125 g) tomato concassé or drained, chopped canned tomatoes, 4 oz (125 g) cooked peas, and 4 oz (125 g) raisins (soaked and drained). Let stand 10–15 minutes before serving.

Cracked Wheat Pilaf

Prepare as in the basic recipe, using cracked wheat instead of rice.

Orzo Pilaf

Prepare as in the basic recipe, using orzo (rice-shaped pasta) instead of rice.

Barley Pilaf

Prepare as in the basic recipe, using pearled barley instead of rice. Use 2½ pints (1.25 L) stock and bake 45 minutes. Mushrooms are often added to barley pilaf.

Additions to Rice Pilaf

- Pimiento
- Chopped nuts
- Celery, diced
- Carrot, diced or grated
- Scallions
- Peas
- Green bell pepper, diced
- Spinach, chopped
- Mushrooms
- Olives, chopped or sliced
- Ham, diced or cut julienne
- Raisins or currants
- Water chestnuts
- Bacon

Basic Fried Rice

PORTIONS: 16 PORTION SIZE: 6 OZ (175 G)

U.S.	METRIC	INGREDIENTS
4 lb	1.8 kg	Cooked rice, cold
4–6 fl oz	125–175 mL	Oil
1 lb	450 g	Cooked meat (cut into shreds) or seafood (flaked or sliced)
3 oz	90 g	Scallions, sliced thin
1 lb	450 g	Vegetables (see Variations), shredded or small dice
4–6 fl oz	125–175 mL	Soy sauce (optional)
to taste	to taste	Salt
4–8	4–8	Eggs, beaten

PROCEDURE

1. Break up the rice to remove all lumps.
2. Divide the rice and other ingredients into two or more batches, depending on the size of the pan or wok. Do no more than 1–2 lb (0.5–1 kg) rice at one time. If you fry too much at once, it will not fry properly.
3. Heat a small amount of oil in the wok. Add the meat and stir-fry 1–2 minutes.
4. Add the scallions and stir-fry 1 minute.
5. Add any raw vegetables and stir-fry until almost done.
6. Add the rice and stir-fry until it is hot and lightly coated with oil.
7. Add any cooked vegetables and mix in.
8. Add soy sauce, if used, and salt.
9. Add beaten egg and mix in. Stir-fry lightly to cook the egg, then serve.

Per serving: Calories, 280; Protein, 11 g; Fat, 10 g (33% cal.); Cholesterol, 70 mg; Carbohydrates, 35 g; Fiber, 2 g; Sodium, 35 mg.

VARIATIONS

The quantities given in the basic recipe are only guidelines, but rice should be the predominant ingredient. You can omit the meat or fish items.

For plain rice, you can omit the vegetables, too.

Eggs can be omitted, or they can be added to fried rice in several other ways:

1. Remove the meat and vegetables from the pan when they are cooked. Add the egg to the pan and scramble. Add the rice, return the meat and vegetables to the pan, and continue with the recipe.
2. In step 9, push the rice to the sides of the pan. Add the egg to the well in the middle. When it starts to set, gradually mix in the rice.
3. Scramble the eggs separately and add to the rice at the end.
4. Mix the raw beaten egg with the cold cooked rice before cooking.

Suggested Ingredients

Meats: cooked pork, beef, chicken, duck, ham, bacon, Chinese sausage
Seafood: shrimp (diced or whole), crab, lobster
Vegetables: bamboo shoots, bean sprouts, celery, peas, mushrooms, onions, peppers, water chestnuts

Bulgur Pilaf with Lemon

PORTIONS: 12 PORTION SIZE: 2½ OZ (75 G)

U.S.	METRIC	INGREDIENTS
1 oz	30 g	Butter or vegetable oil
4 oz	125 g	Onion, chopped fine
8 oz	250 g	Bulgur, coarse
4 tsp	20 mL	Grated lemon zest
1½ pt	750 mL	Chicken stock or vegetable stock, hot
to taste	to taste	Salt
to taste	to taste	Pepper
4 tbsp	60 mL	Chopped chives

PROCEDURE

1. Heat the butter in a saucepan. Add the chopped onion and sauté gently without browning until the onion is soft.
2. Add the bulgur. Stir to coat with butter. Stir over heat 1 minute to lightly toast the grain.
3. Add the grated lemon zest and stir to mix.
4. Stir in the hot stock. Add salt and pepper to taste. Bring to a simmer.
5. Cover the pot and cook over low heat or in an oven heated to 350°F (175°C) until the bulgur is tender, about 20 minutes.
6. Uncover and fluff the grain with a kitchen fork. Add the chives and toss to mix in.

Per serving: Calories, 90; Protein, 3 g; Fat, 2 g (20% cal.); Cholesterol, 25 mg; Carbohydrates, 15 g; Fiber, 4 g; Sodium, 25 g.

Risotto alla Parmigiana

PORTIONS: 10 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
1 oz	30 g	Butter
1 fl oz	30 mL	Vegetable oil
1 oz	30 g	Onion, chopped fine
1 lb	450 g	Italian Arborio rice
1½ qt (approximately)	1.4 L (approximately)	Chicken stock, hot
1 oz	30 g	Butter
3 oz	90 g	Parmesan cheese, grated
to taste	to taste	Salt

PROCEDURE

1. Heat the butter and oil in a large, straight-sided sauté pan. Add the onion and sauté until soft. Do not brown (Fig. 14.2).
2. Add the rice and sauté until well coated with the fat.
3. Using a 6-oz (150-mL) ladle, add one ladle of stock to the rice. Stir the rice over medium heat until the stock is absorbed and the rice is almost dry.
4. Add another ladle of stock and repeat procedure. Do not add more than one ladleful of stock at a time.
5. Stop adding stock when the rice is tender but still firm. It should be very moist and creamy, but not runny. The cooking should take about 30 minutes.
6. Remove from the heat and stir in the raw butter and parmesan cheese. Salt to taste.

Per serving: Calories, 260; Protein, 7 g; Fat, 11 g (38% cal.); Cholesterol, 25 mg; Carbohydrates, 34 g; Fiber, 3g; Sodium, 210 mg.

VARIATIONS

Restaurant Method: Prepare basic pilaf (p. 390) using 1 lb Italian Arborio rice to 1 qt chicken stock (500 g rice to 1 L stock). To finish for service, place desired number of portions in a sauté pan and moisten with additional stock. Simmer until slightly moist and creamy, as in basic recipe. Finish with raw butter and parmesan cheese.

Risotto Milanese

Prepare as in basic recipe, but add ¼–½ tsp (1–2 mL) saffron soaked in 1 cup (200 mL) stock near the end of cooking.

Risotto with Mushrooms

Add 4–8 oz (100–200 g) mushrooms, chopped and sautéed in butter, near the end of cooking time.

Risi Bisi

Add 1 lb (450 g) cooked peas and ¼ cup (60 mL) chopped parsley to basic risotto. (This is not authentic Risi Bisi, which is considered a thick soup in Italy. However, it is similar.)



Risotto Milanese

FIGURE 14.2 Making risotto.



(a) Sauté the onion or shallot until soft.



(b) Add the rice. Sauté until coated with the fat.



(c) Add a ladleful of stock to the rice. Stir until the liquid is absorbed.



(d) Continue adding stock and stirring until the rice is cooked.



(e) For Risotto Milanese, add saffron steeped in hot stock near the end of the cooking period.



(f) Finish by stirring in parmesan cheese and butter.

Arroz à la Mexicana

PORTIONS: 16 PORTION SIZE: 4½ OZ (125 G)

U.S.	METRIC	INGREDIENTS
1½ lb	700 g	Long-grain rice
3 fl oz	90 mL	Oil
12 oz	350 g	Tomato purée
3 oz	90 g	Onion, chopped fine
2	2	Garlic cloves, mashed to a paste
3½ pt	1.75 L	Chicken stock
1 tbsp	15 mL	Salt

Per serving: Calories, 230; Protein, 4 g; Fat, 6 g (24% cal.); Cholesterol, 5 mg; Carbohydrates, 39 g; Fiber, 1 g; Sodium, 440 mg.

PROCEDURE

1. Rinse the rice well to remove excess starch. Soak in cold water at least 30 minutes. Drain well.
2. Heat the oil in a pot and add the rice. Stir over moderate heat until it begins to brown lightly.
3. Add the tomato purée, onion, and garlic. Cook until the mixture is dry. Be careful not to let it burn.
4. Add the chicken stock and salt. Stir. Simmer, uncovered, over medium heat until most of the liquid is absorbed.
5. Cover, turn the heat to very low, and cook 5–10 minutes, or until the rice is tender.
6. Remove from the heat and let it stand, without removing the cover, 15–30 minutes before serving.

VARIATION

Arroz Verde

Omit the tomato purée. Purée the onion and garlic in a blender along with the following: 6 fl oz (175 mL) water, 3 tbsp (45 mL) chopped fresh cilantro leaves, ¾ cup (45 g or 200 mL) chopped parsley, and 3 oz (90 g) green chiles (or part green chiles and part green bell peppers). Use this purée in place of the tomato purée. Reduce the quantity of stock to 3 pt (1.5 mL). You may use water instead of stock.



Arroz Verde



Arroz à la Mexicana

Barley with Wild Mushrooms and Ham

PORTIONS: 10 PORTION SIZE: 3½ OZ (110 G)

U.S.	METRIC	INGREDIENTS
1 oz	30 g	Dried porcini mushrooms
4 fl oz	125 mL	Water, hot
1 fl oz	30 mL	Oil
4 oz	125 g	Onions, small dice
4 oz	125 g	Celery, small dice
10 oz	300 g	Barley
1 pt 4 fl oz (or more; see step 5)	600 mL (or more; see step 5)	Brown stock, chicken stock, or vegetable broth
4 oz	125 g	Cooked ham, small dice
to taste	to taste	Salt

Per serving: Calories, 170; Protein, 7 g; Fat, 6 g (30% cal.); Cholesterol, 10 mg: Carbohydrates, 24 g; Fiber, 6 g; Sodium, 125 mg.

PROCEDURE

1. Soak the dried porcini in hot water until soft. Drain the mushrooms and squeeze them out, reserving all the soaking liquid. Strain or decant the liquid to remove any sand or grit. Chop the mushrooms.
2. Heat the oil in a heavy pot. Add the onion and celery. Sauté briefly.
3. Add the barley and sauté briefly, as for making rice pilaf.
4. Add the stock and mushroom liquid. Bring to a boil. Stir in the chopped mushrooms and the ham. Add salt to taste.
5. Cover tightly. Cook on top of the stove over low heat or in the oven at 325°F (160°C) until the barley is tender and the liquid is absorbed, 30–45 minutes. Check periodically during cooking to make sure that enough liquid remains, and add more stock or water if necessary. Some barley needs more liquid to fully hydrate.

VARIATIONS

Add other vegetables to the barley, such as diced carrots, turnips, fennel, or parsnips. Add them at the same time as the onion and celery, or cook them separately and add them at the end of cooking.



Barley with Wild Mushrooms and Ham

Paella

PORTIONS: 16 PORTION SIZE: SEE PROCEDURE

U.S.	METRIC	INGREDIENTS
2	2	Chickens, 2½–3 lb (1.1–1.4 kg) each
as needed	as needed	Olive oil
8 oz	225 g	Chorizo sausage (see *Note*)
2 lb	900 g	Lean pork, cut into large dice
16	16	Large shrimp, peeled and deveined
2 lb	900 g	Squid, cleaned (p. 615), cut into rings
2	2	Red bell peppers, large dice
2	2	Green bell peppers, large dice
16	16	Small clams
16	16	Mussels
8 fl oz	250 mL	Water
as needed	as needed	Chicken stock
1 tsp	5 mL	Saffron
12 oz	350 g	Onion, small dice
6	6	Garlic cloves, minced
2 lb	900 g	Tomatoes, chopped
2 tsp	10 mL	Dried rosemary
2 lb	900 g	Short-grain rice, such as Italian Arborio
2 tsp	10 mL	Salt
to taste	to taste	Pepper
4 oz	125 g	Cooked green peas
16	16	Lemon wedges

PROCEDURE

1. Cut each chicken into 8 pieces.
2. In a large sauté pan, brown the chicken in olive oil. Remove and set aside.
3. Using additional oil as needed, briefly sauté the sausage, pork, shrimp, squid, and peppers. Do each ingredient separately, then remove to separate containers.
4. Combine the clams and mussels with the water in a covered pot. Steam just until they open.
5. Remove the shellfish and set them aside. Strain the liquid, then add enough chicken stock to measure 2 qt (2 L).
6. Add the saffron to the stock mixture.
7. In the skillet used for browning the meats, sauté the onion and garlic until soft. Use additional olive oil if necessary.
8. Add the tomatoes and rosemary. Cook until most of the liquid has evaporated and the tomatoes form a rather dry paste.
9. Add the rice and stir. Add the chicken, sausage, pork, squid, and peppers.
10. Bring the stock mixture to a boil in a separate pot, then add to the rice and stir. Add salt and pepper to taste.
11. Bring to a simmer, cover, and put in a 350°F (175°C) oven for 20 minutes. (This dish is traditionally made uncovered on top of the stove, but making it in the oven is more practical for restaurants because it requires less attention.)
12. Remove the pan from the oven. Check the moisture level and add more stock, if necessary. It should be quite moist but not soupy.
13. Sprinkle the peas over the rice. Arrange the shrimp, clams, and mussels on top. Cover loosely and let stand 10 minutes to heat the shellfish.
14. For each portion, allow 8 oz (225 g) rice and vegetables, 1 shrimp, 1 clam, 1 mussel, 1 piece of chicken, and at least 1 piece each of pork, sausage, and squid. Garnish each portion with 1 lemon wedge.

Per serving: Calories, 630; Protein, 52 g; Fat, 22 g (32% cal.); Cholesterol, 260 mg; Carbohydrates, 52 g; Fiber, 5 g; Sodium, 630 mg.

Note: If chorizo is not available, use pepperoni or other hard, spicy sausage. You may cut the sausage into ½-oz (15-g) chunks before sautéing or cut them up just before serving.



Paella

Polenta

YIELD: ABOUT 5 LB (2.5 KG)

U.S.	METRIC	INGREDIENTS
5 pt	2.5 L	Water
1 tbsp	15 mL	Salt
1 lb	500 g	Polenta (Italian coarse-grained yellow cornmeal)

Per 1 ounce (28.35 g): Calories, 20; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 4 g; Fiber, 0 g; Sodium, 90 mg.

PROCEDURE

1. **Bring the water and salt to a boil in a saucepot.**
2. **Very slowly sprinkle the cornmeal into the boiling water, stirring constantly. This must be done slowly and carefully to avoid lumps (Fig. 14.3).**
3. **Cook over low heat, stirring almost constantly. The polenta will become thicker as it cooks and eventually start to pull away from the sides of the pot. This will take 20–30 minutes.**
4. **Lightly moisten a large, flat surface, such as a wooden board or a platter.**
5. **Pour the polenta onto this board or platter. Serve immediately, hot, or let cool and use in any of a number of ways, including the variations below.**

VARIATIONS

Freshly made hot polenta is good with many kinds of stews and other braised dishes that provide plenty of flavorful juices for the polenta to soak up. It is also served with grilled dishes.

Polenta con Sugo di Pomodoro

Serve hot polenta with tomato sauce or Meat Sauce (p. 405). Alternatively, cut cooled polenta into shapes and bake with tomato sauce (see illustration).

Polenta con Salsicce

Serve hot polenta with pork sausages cooked with tomatoes or tomato sauce.

Polenta al Burro e Formaggio

Stir 6 oz (175 g) fresh butter and 2–3 oz (60–90 g) grated parmesan cheese into hot polenta as soon as it is cooked.

Polenta Fritta or Grigliata

Let polenta cool and cut it into slices ½ in. (1 cm) thick. Pan-fry in oil until a thin crust forms. Alternatively, heat slices on a grill or broiler until hot and lightly grill-marked.

Polenta Grassa

This can be prepared in two ways.

1. Pour a layer of hot polenta into a buttered baking dish. Cover with sliced fontina cheese and dot with butter. Cover with another layer of polenta, then another layer of cheese and butter. Bake until very hot.
2. Prepare as in the first method, but instead of the hot, freshly made polenta, use cold polenta cut into thin slices.

Polenta Pasticciata

Prepare Meat Sauce (p. 405), using pork sausage in addition to the beef. Also, add sautéed sliced mushrooms to the sauce. Cut cold polenta into thin slices. Fill a baking pan with alternating layers of polenta slices, meat sauce, and parmesan cheese. Bake until hot.



Polenta con Sugo di Pomodoro

FIGURE 14.3 Making polenta.



(a) Slowly sprinkle the polenta into the simmering water, stirring constantly to avoid lumps.



(b) Simmer while stirring until the polenta reaches the desired texture. Serve at once, or proceed to the next step.



(c) Pour the polenta into a sheet pan and cool.



(d) Cut into desired shapes.

Grits with Cheddar Cheese

PORTIONS: 12 PORTION SIZE: 6 OZ

U.S.	METRIC	INGREDIENTS
2 cups	500 mL	Hominy grits
2 qt	2 L	Water
1 tsp	5 mL	Salt
8 oz	250 g	Cheddar cheese, grated

Per serving: Calories, 170; Protein, 7 g; Fat, 7 g (35% cal.); Cholesterol, 20 mg; Carbohydrates, 22 g; Fiber, 1 g; Sodium, 310 mg.

PROCEDURE

1. Stir the grits into the water in a saucepan.
2. If you are using stone-ground grits, let them settle, then skim off any hulls that float to the surface.
3. Bring the mixture to a boil while stirring.
4. Simmer the grits, stirring every 5–10 minutes. If you are using quick-cooking grits, they will be done in 7–10 minutes but can be cooked longer if a thicker product is desired. If you are using regular grits, cooking time is about 45 minutes, and you may have to add water as they thicken. In any case, continue to cook until creamy, adding water as necessary.
5. Stir in salt to taste.
6. Add the cheese and stir until it is melted.

VARIATIONS

For regular grits, omit the cheese. Serve topped with a pat of butter. If desired, substitute milk for ⅓ of the water.

Grits can be poured into a pan, chilled, cut into shapes, and browned lightly in butter.



Grits

Wheatberries with Pecans and Poblanos

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1 lb 8 oz	750 g	Whole wheatberries, rinsed and soaked overnight in cold water (see *Note*)
2 qt	2 L	Water, cold
2 fl oz	60 mL	Olive oil
3 oz	90 g	Chopped pecans
3 oz	90 g	Roasted poblano chile, diced
to taste	to taste	Salt

PROCEDURE

1. Drain the soaking water from the wheatberries. Add the wheatberries to the cold water in a pot. Bring to a boil. Reduce heat to a simmer, cover, and simmer until the wheatberries are tender but still slightly crunchy, about 1 hour. Remove from heat and allow to stand, covered, 10 minutes. Drain.
2. Heat the olive oil in a sauté pan. Add the pecans and diced poblanos. Sauté about 1 minute.
3. Add the cooked wheatberries. Toss over heat until the mixture is hot. Season to taste.

Per serving: Calories, 280; Protein, 8 g; Fat, 10 g (31% cal.); Cholesterol, 0 mg; Carbohydrates, 42 g; Fiber, 7 g; Sodium, 0 mg.

Note: This recipe was developed using soft wheatberries with the bran left on. Other types of wheatberry may be used, but the yields and cooking times will vary. For example, the white wheatberries shown in the illustration on page 384 cook in less than 30 minutes and yield 3 times their dry weight (about 4½ lb/2.25 kg for this recipe). When using a new type of product, test cooking time and yield with a small quantity before adapting it to production.

VARIATIONS

Substitute any green chile or any sweet bell pepper for the poblanos.

Brown Rice, Barley, Farro, or Cracked Wheat with Pecans and Poblanos

Substitute cooked brown rice, cooked barley, cooked farro, or cracked wheat pilaf for the cooked wheatberries.



Wheatberries with Pecans and Poblanos

Farrotto with Pecorino Cheese

PORTIONS: 10 PORTION SIZE: 4 OZ (1150 G)

U.S.	METRIC	INGREDIENTS
1 lb	450 g	Farro
2 fl oz	60 mL	Olive oil
1 oz	30 g	Onion, chopped fine
1½ qt (approximately)	1.5 L (approximately)	Vegetable stock, hot
1 oz	30 g	Butter
4 oz	120 g	Pecorino cheese, grated

Per serving: Calories, 260; Protein, 8 g; Fat, 12 g (39% cal.); Cholesterol, 15 mg; Carbohydrates, 34 g; Fiber, 0 g; Sodium, 102.7 mg.

PROCEDURE

1. Soak the farro in cold water 45 minutes. Drain.
2. Boil the farro in boiling salted water 20 minutes. Drain. At this point, the farro should be about half-cooked.
3. Heat the olive oil in a sauté pan over moderate heat.
4. Sweat the onion in the oil until soft.
5. Add the farro. Stir and cook over moderate heat 2 minutes.
6. Ladle in 4 fl oz (125 mL) stock. Stir over moderate heat until the stock is absorbed and the farro is almost dry.
7. Add another ladleful of stock and repeat the procedure.
8. Stop adding stock when the farro is tender.
9. Stir in the butter and cheese. Serve immediately.



Farrotto with Pecorino Cheese

Kasha Pilaf with Egg

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
2 cups	250 mL	Buckwheat groats (kasha)
2	2	Eggs, lightly beaten
2 oz	60 g	Chicken fat or butter
1 qt	1 L	Water or chicken stock
2 tsp	10 mL	Salt
½ tsp	2 mL	Pepper

Per serving: Calories, 180; Protein, 5 g; Fat, 7 g (35% cal.); Cholesterol, 50 mg; Carbohydrates, 24 g; Fiber, 2 g; Sodium, 480 mg.

PROCEDURE

1. Put the buckwheat in a sauté pan over moderate heat.
2. Add the eggs and stir vigorously so all the grains are coated with egg.
3. Continue to cook, stirring, until the grains are dry.
4. Add the fat and stir.
5. Add the water or stock, salt, and pepper. Bring to a boil, cover, and set over low heat to simmer 10 minutes, or until the liquid is absorbed.



Kasha Pilaf with Egg

ADDITIONAL RECIPE

This additional recipe may be found on your CulinarE-Companion recipe management program:

Creamy Wheatberries with Celery Root

PASTA, NOODLES, AND DUMPLINGS

Macaroni products, or pastas, are popular alternatives to other starch foods. The word **pasta** is Italian for "paste," so called because pasta is made from a mixture of wheat flour and water and, sometimes, eggs.

Not so many years ago, many of us knew only spaghetti with tomato sauce and elbow macaroni with cheese, among all pasta products. Today, thanks to the influence of Italian cooks, we have a choice of a great variety of pasta dishes.

In addition, noodle products play an important role in other cuisines, notably those of Asia. These include not only wheat noodles but also noodles made of rice and other starches. Although most of our attention here is devoted to Italian-style pastas, we take a look at these other products as well.

ITALIAN-STYLE PASTAS

Italian pastas have spread beyond their original borders to become one of the most popular foods in North America and Europe. Please note that when we use the term ***Italian-style pasta*** we are referring only to the noodle products themselves, not to the dishes prepared from them. Appearing on menus are many dishes that are made with Italian-style pastas but that are not recognizably Italian in any way, as they use ingredients from other cuisines, including those of Asia and Latin America. Adopted by chefs from many cultures, Italian pastas have become citizens of the world.

Kinds, Characteristics, and Quality Factors

Commercial dried pasta is made from dough that has been shaped and dried. To refer to this category of food, we sometimes use the term **macaroni**, meaning any dried pasta made from flour and water. These include spaghetti, lasagna, elbow macaroni, and many other shapes.

The best dried macaroni pastas are made from **semolina**, a high-protein flour from the inner part of durum wheat kernels. Lower-quality products are made from farina, a softer flour.

Specialty pastas include ingredients in addition to semolina and water. Whole wheat pasta may be made with all whole wheat flour or a mixture of semolina and whole wheat. Other grain flours, including buckwheat and farro (spelt), are used in other specialty items.

Spinach pasta is perhaps the most popular of the pastas that contain vegetable purées. Others include red peppers, hot chile, seaweed, beet, tomato, and pumpkin.

Pasta containing ***squid ink*** is black in color and goes well with seafood sauces.

When purchasing macaroni products (unflavored), look for a good yellow color, not gray-white. The product should be very hard, brittle, and springy, and it should snap with a clean, sharp-edged break. When cooked, it should be firm and hold its shape well. Poor-quality pastas are soft and pasty when cooked.

In addition to pastas made of flour and water, dried **egg pastas** are also available. They contain at least 5.5 percent egg solids in addition to the flour and water. They are usually sold as flat noodles of various widths.

Fresh egg pasta is made from flour and eggs and, sometimes, a small quantity of water and/or oil. Use a regular all-purpose or bread flour. Hard semolina flour, used for factory-made spaghetti and macaroni, is not appropriate for fresh egg pasta. Softer flour makes a more tender pasta. Soft egg noodle products are also available fresh and frozen from manufacturers. They take less time to cook than dried macaroni products.

Other flours, such as whole wheat flour, can be used to make fresh noodles. When you are making them yourself, you can experiment with ingredients. Keep in mind that flours other than wheat flour don't form much gluten (p. 907), so they should be mixed with some wheat flour. Buckwheat flour added to white flour makes especially tasty noodles that are featured in a northern Italian classic called ***Pizzoccheri*** (peet so kerry; p. 411).

Vegetable purées and other flavoring ingredients are often added to fresh egg pasta. Spinach, tomato, beet, mushrooms, fresh herbs, dried chile, grated lemon zest, saffron, and squid ink are among the many possibilities.

Shapes and Their Uses

Pasta is made in hundreds of shapes and sizes. Each shape is appropriate for different preparations because of the way different kinds of sauce cling to them or the way their textures complement the texture of the topping. The illustration shows some of the most popular kinds. Table 14.2 describes the most common shapes and gives suggestions for use.

Remember that fresh egg pasta and factory-made spaghetti and macaroni are different products. It makes no sense to say that one type is better than the other. Italian cooks use fresh and dried pasta in different ways, with different recipes for each type. Factory pasta has a chewy, robust texture, good with robust sauces, while fresh egg pasta is tender and more delicate. Fresh egg pasta absorbs sauces more deeply than factory macaroni products. In general, factory-made pasta is ideal for olive oil–based sauces, and fresh, homemade pasta is better with butter or cream-based sauces.

TABLE 14.2 Commercial Pasta Shapes and Uses

Name	Description	Suggested Uses
Spaghetti	Long, round	With great variety of sauces, especially tomato sauces
Spaghettini	Thin, long, round	Like spaghetti, especially with olive oil and seafood sauces
Vermicelli	Very thin	With light, delicate sauces and, broken, in soups
Linguine	Looks like slightly flattened spaghetti	Like spaghetti; popular with clam sauces
Perciatelli, bucatini	Looks like thick, hollow spaghetti	Like spaghetti, but can handle heavy, chunky sauces
Fusilli	Long, shaped like a corkscrew	Thick, creamy sauces
Macaroni	Long, hollow tubes	Especially good with hearty meat sauces
Elbow macaroni	Short, bent macaroni	Cold, in salads; baked, in casseroles
Penne or mostaccioli	Hollow tubes, cut diagonally; may be smooth or ridged	Baked, with meat sauce or with tomato sauce and cheese; freshly cooked, with tomato sauce
Ziti	Short, hollow tubes, cut straight	
Rigatoni	Larger tubes, with ridges	
Manicotti (sometimes called cannelloni, which are actually rolled from fresh egg noodle dough)	Large hollow tubes, sometimes with ridges	Stuff with cheese or meat filling
Orecchiette	Little ears	Chunky vegetable sauces
Rotelle, ruote	Wheels	Chunky tomato, meat, or vegetable sauces; in soups
Radiatore	Radiators; curled, ruffled shapes	Cold, in salads; hot, with chunky sauces
Fettuccine	Flat egg noodles	Rich cream sauces or meat sauces
Tagliatelle	Wide, flat egg noodles	
Lasagna	Broad, flat noodles, often with rippled edges	Baked with meat, cheese, or vegetable fillings
Conchiglie	Shells	With seafood or meat sauces; small sizes can be used in salads
Bow ties or farfalle	Look like bow ties	With sauces containing chunks of meat, sausage, or vegetable
Pastina (little pasta)		In soups; cold, in salads; buttered, as a side dish
Ditalini	Very short, hollow tubes	
Orzo	Rice-shaped	
Stelline	Tiny stars	
Acini di pepe	Peppercorns	
Pepe bucato	Peppercorns with holes	
Rotelline	Little wheels	
Semi di melone	Melon seeds	



Top row: elbow macaroni, pepe bucato, radiatore, ziti, conchiglie. Middle row: fettuccine; spaghettini; fusilli; (three small piles, from top to bottom) orzo, stelline, and ditalini; lasagna; spaghetti; (two small piles, from top to bottom) gemelli and rigatoni. Bottom row: bow ties (farfalle), penne, manicotti.

OTHER NOODLE PRODUCTS

Asian countries have a wide variety of noodle products. We can divide these into two categories: wheat noodles and noodles made of other starches.

Noodles Made of Wheat

Most of the Asian wheat noodles we know in the West are from China and Japan.

Chinese noodles are made from either flour and water or flour, water, and egg. If they contain egg, they are usually labeled as ***egg noodles***. Flat noodles come in a variety of widths, from very thin to nearly 1 inch (2.5 cm) wide. Round noodles come in a variety of thicknesses, from thin vermicelli to thicker, spaghetti-like noodles.

Cantonese noodles are a special type of Chinese wheat noodle made by stretching a single large piece of dough in one length until it is as thin as spaghetti. Some restaurants feature a skilled noodle maker performing this amazing feat in the dining room. Cantonese noodles are available fresh or dried.

Japanese wheat noodles come in several varieties. **Udon** are thick, white noodles made from wheat flour. They are available fresh in vacuum packs or dried. **Somen** are thin, white wheat noodles usually packaged in small bundles. Tamago somen are made with egg in addition to wheat flour and water (***tamago*** means "egg").

Soba are thin noodles made with buckwheat in addition to wheat flour. A special variety of buckwheat noodle is **chasoba**, made with powdered green tea in addition to the buckwheat.

In spite of the ***soba*** in the name, **chukasoba** contain no buckwheat. They are wheat noodles made with flour and water, with an alkali such as sodium carbonate added to the water. The noodles are yellow in color, leading some people to think they are egg noodles, but they contain no egg. These noodles are used in the popular ramen dishes familiar in the West from the single-portion packages of noodles and soup stock, found in nearly every supermarket.

Noodles Made of Other Starches

With the increased popularity of Southeast Asian and Chinese cuisines in the West, **rice noodles** have become familiar. Rice noodles are available as very fine, almost hairlike noodles called **rice vermicelli**, and as flat noodles of various widths. Rice noodles are sometimes known as **rice sticks**.

Rice vermicelli are often cooked by deep-frying the dry noodles, without using any water. The noodles puff up and become crisp and tender. Rice vermicelli can also be broken apart and stir-fried, as long as enough liquid is added to the stir-fry to rehydrate them.

Rice noodles of all types are not usually boiled in water because they become too soft and sticky. Rather, they are covered with hot water and soaked until tender. This takes from a few minutes to about an hour, depending on the thickness of the noodle and the temperature of the water. The noodles are drained and added to stir-fried dishes and soups during the last minutes of cooking.

Bean thread noodles, also called **cellophane noodles**, are made with mung bean starch. They are very thin noodles that resemble rice vermicelli. Like rice noodles, they are either deep-fried or soaked in hot water until tender and then added to soups and braised dishes.

Couscous

Couscous is a kind of granular pasta made from semolina flour (see sidebar). It is cooked by soaking and then steaming, using a fairly time-consuming process. **Instant couscous** is prepared by simply adding the dry product to hot or boiling water and letting it stand 5 minutes. The accompanying procedures outline the methods for making both classic and instant couscous.

COUSCOUS

Couscous is a classic dish of North Africa, especially Morocco and Algeria. The word refers to both the grainlike product and the dish made from it. After soaking, couscous is steamed in the perforated top section of a double kettle called a *couscousière* (koos koos yair), while a spicy stew cooks in the lower section.

Rather than being made from a smooth dough like noodles are, couscous is made by sprinkling water into a bowl of semolina flour and stirring with the hand, forming tiny granules of dough. The granules are then sifted out and dried, and the process is repeated.

A related product called *Israeli couscous* is made in the lands at the eastern end of the Mediterranean. Israeli couscous is made from regular wheat rather than semolina, and it is formed into larger, spherical grains. It is typically served in place of rice.

PROCEDURE for Steaming Traditional Couscous

1. Place the couscous in a bowl and add enough cold water to cover it by several inches (cm). Stir the couscous and then drain off the excess water through a fine sieve. Smooth the couscous in the bowl and let stand 15 minutes, allowing the couscous to absorb the moisture that coats it.
2. With wet hands, stir and rub the grains to break up all lumps.
3. Line the top of a couscousière with a double layer of cheesecloth. Place the couscous inside. If you don't have a couscousière, select a colander that will fit over a large saucepan or similar pot. Line with cheesecloth and put the couscous in it.
4. Set the couscousière top or colander over a simmering stew (or simmering water). Steam, uncovered, 20 minutes.
5. Empty the couscous into a hotel pan and spread it into a flat layer. Sprinkle with a little salt and just enough water to moisten it slightly. Coat your hands with oil and stir and rub the couscous to break up all lumps. Let stand 10 minutes. At this point, if the couscous feels dry, sprinkle with a little more water and stir.
6. Give the couscous a second steaming by repeating step 4.
7. Turn out the finished couscous into a hotel pan or other container for service. Stir lightly to break up any lumps.

PROCEDURE for Preparing Instant Couscous

1. Measure equal parts by volume dry instant couscous and water.
2. Place the water in a saucepan and bring to a boil. Add ½ tsp (2 mL) salt and 2 tsp (10 mL) butter per pint (0.5 L) water.
3. When the water boils, add the couscous and stir. Remove from the heat, cover, and let stand 5 minutes.
4. Before serving, stir with a fork to break up lumps.

COOKING PASTA

Doneness

Pasta should be cooked **al dente**, or "to the tooth." This means cooking should be stopped when the pasta still feels firm to the bite, not soft and mushy. Much of the pleasure of eating pasta is its texture (that's why there are so many shapes), and this is lost if it is overcooked.

Testing Doneness and Serving

Many suggestions have been made for testing doneness, but none is more reliable than breaking off a very small piece and tasting it. As soon as the pasta is al dente, the cooking must be stopped at once. Half a minute extra is enough to overcook it.

Cooking times differ for every shape and size of pasta. Timing also depends on the kind of flour used and the moisture content. Times indicated on packages are often too long.

Fresh egg pasta, if it has not been allowed to dry, takes only 1 to 1½ minutes to cook after the water returns to a boil.

Italian practice is to toss the pasta with the sauce the minute it is drained. The sauce immediately coats all surfaces of the pasta, and cheese, if there is any, melts in the heat of the boiling hot noodles. If you are attempting to serve an authentic Italian pasta dish, follow this practice rather than simply topping the pasta with the sauce.

Pasta is best if cooked and served immediately. Whenever possible, you should try to cook pasta to order. Fresh pasta, in particular, cooks so quickly there is little reason to cook it in advance. In volume operations, however, commercial pasta may have to be cooked ahead of time. The following procedures can be used for quantity cookery.

Yields

One pound (450 g) uncooked dried pasta yields about 3 pounds (1.4 kg) cooked pasta. This is enough for 4–6 main-course portions or 8–10 side-dish or first-course portions.

One pound (450 g) uncooked fresh pasta yields 2–2½ pounds (900–1,100 g) cooked pasta.

PROCEDURE for Cooking Pasta in Large Quantities

1. Use at least 4 quarts boiling salted water per pound of pasta (4 L per 500 g). Use about 1½ tablespoons (25 g) salt per 4 quarts (4 L) water.
2. Have the water boiling rapidly and drop in the pasta. As it softens, stir gently to keep it from sticking together and to the bottom.
3. Continue to boil, stirring a few times.
4. As soon as the pasta is al dente, drain it immediately in a colander and rinse with cold running water until completely cooled. Otherwise, it would continue to cook and become too soft. (If you are cooking just a few portions to serve immediately, just drain well and do not rinse. Sauce and serve without a moment's delay.)

   If the pasta is to be used cold in a salad, it is ready to be incorporated into the recipe as soon as it has cooled.
5. If the pasta is to be held, toss gently with a small amount of oil to keep it from sticking.
6. Measure portions into mounds on trays. Cover with plastic film and refrigerate until service time. (Do not store pasta in cold water. The pasta will absorb water and become soft, as though it had been overcooked.)
7. To serve, place the desired number of portions in a china cap and immerse in simmering water to reheat. Drain, plate, and add sauce.

ALTERNATIVE METHOD: Steam Table Service

Pasta gradually becomes soft and mushy when kept hot for service, but it will hold reasonably well for 30 minutes. It will not be as good as if freshly cooked, however. This method should not be used unless cooking pasta to order is not possible in a particular food-service operation.

1. Follow steps 1 to 3 above.
2. Drain the pasta while still slightly undercooked. Rinse briefly in cool water, enough to stop the cooking and rinse off starch but not enough to cool the pasta. Pasta should still be quite warm.
3. Transfer the pasta to a steam table pan and toss with oil to prevent sticking.
4. Hold for up to 30 minutes.

Italian Tomato Sauce for Pasta




YIELD: 1½ QT (1.5 L) PORTIONS: 16 PORTION SIZE: 3 FL OZ (ML)

U.S.	METRIC	INGREDIENTS
8 fl oz	240 mL	Olive oil (see *Note*)
4 oz	110 g	Onion, chopped fine
4 oz	110 g	Carrot, chopped fine
4 oz	110 g	Celery, chopped fine
3 lb	1360 g	Canned whole tomatoes
1	1	Garlic cloves, minced
½ oz	15 g	Salt
1½ tsp	7 mL	Sugar

PROCEDURE

1. Heat the olive oil in a large saucepot. Add the onions, carrots, and celery and sauté lightly for a few minutes. Do not let the vegetables brown.
2. Add remaining ingredients. (See Appendix 2 for can sizes and substitutions.) Simmer, uncovered, about 45 minutes, until reduced and thickened.
3. Pass through a food mill. Taste and adjust seasonings.
4. For service, this sauce should be tossed with the freshly cooked spaghetti or other pasta in a bowl before being plated, rather than simply ladled over the pasta.

Per serving: Calories, 190; Protein, 1 g; Fat, 18 g (82% cal.); Cholesterol, 0 mg; Carbohydrates, 8 g; Fiber, 2 g; Sodium, 660 mg.

Note: The quantity of olive oil may seem high, but it is only 1 tbsp for a 3-oz portion (15 mL per 90 g). These are typical proportions for basic tomato sauce in Italy, where sauces are not used in such large quantities as in North America. The olive oil is intended to be a major ingredient, not just a sautéing medium for the mirepoix, so use a good, flavorful oil. If a lower-fat sauce is desired, oil may be cut in half. Except for meat sauce, most Italian sauces are cooked less than American-style tomato sauce and have fewer ingredients. As a result, they have a more pronounced fresh tomato taste.

VARIATIONS

Omit onion, carrot, and celery. Reduce oil to 4 fl oz (120 mL). Add fresh chopped parsley and basil to taste.

Meat Sauce

Brown 1 lb (500 g) ground beef, ground pork, or a mixture of beef and pork, in oil or rendered pork fat. Add 4 fl oz (120 mL) red wine, 1 qt (1 L) tomato sauce, 1 pt (500 mL) beef or pork stock, and parsley, basil, and oregano to taste. Simmer 1 hour, uncovered.

Tomato Cream Sauce

Use 4 oz (110 g) butter instead of the olive oil in the basic recipe. At service time, add 1 cup heavy cream per quart of tomato sauce (250 mL per L). Bring to simmer and serve.

Tomato Sauce with Sausage

Slice 1½ lb (700 g) fresh Italian sausage and brown in oil. Drain and add to basic tomato sauce. Simmer 20 minutes.

Tomato Sauce with Sausage and Eggplant

Prepare like Tomato Sauce with Sausage, but use 12 oz (350 g) each sausage and peeled, diced eggplant.

Tomato Sauce with Ham and Rosemary

Cook 8 oz (220 g) ham, cut into fine dice, and 1 tbsp (15 mL) dried rosemary leaves in a little olive oil for a few minutes. Add to basic tomato sauce (after it has been passed through the food mill) and simmer 5 minutes.

Pesto (Fresh Basil Sauce)




YIELD: ABOUT 3 CUPS (750 ML) PORTIONS: 12 PORTION SIZE: 2 OZ (60 ML)

U.S.	METRIC	INGREDIENTS
2 qt	2 L	Fresh basil leaves
1½ cups	375 mL	Olive oil
2 oz	60 g	Walnuts or pine nuts (pignoli)
6	6	Garlic cloves
1½ tsp	7 mL	Salt
5 oz	150 g	Parmesan cheese, grated
1½ oz	50 g	Romano cheese, grated

PROCEDURE

1. Wash the basil leaves and drain well.
2. Put the basil, oil, nuts, garlic, and salt in a blender or food processor. Blend to a paste, but not so long that the mixture is smooth. It should have a slightly coarse texture.
3. Transfer the mixture to a bowl and stir in the cheese.
4. To serve, cook pasta to order according to the basic procedure. Just before the pasta is done, stir a little of the hot cooking water into the pesto to thin it, if desired. Toss the drained pasta with the pesto and serve immediately. Pass additional grated cheese.

Per 1 fl oz (29.57 mL): Calories, 350; Protein, 8 g; Fat, 35 g (88% cal.); Cholesterol, 15 mg; Carbohydrates, 3 g; Fiber, 1 g; Sodium, 550 mg.

Fresh Egg Pasta

YIELD: 1½ LB (700 G)

U.S.	METRIC	INGREDIENTS
1 lb	450 g	Bread flour
5	5	Eggs
½ fl oz	15 mL	Olive oil
pinch	pinch	Salt

Per 1 ounce (28.35 g): Calories, 90; Protein, 4 g; Fat, 2 g (20% cal.); Cholesterol, 45 mg; Carbohydrates, 14 g; Fiber, 0 g; Sodium, 20 mg.

PROCEDURE

1. **Mound the flour on a work surface. Make a well in the center and add the eggs, oil, and salt.**
2. **Working from the center outward, gradually mix the flour into the eggs to make a dough.**
3. **When it is firm enough to knead, begin kneading the dough, incorporating more flour. If the dough is still sticky when all the flour is incorporated, add more flour, a little at a time. Knead well for at least 15 minutes.**
4. **Cover the dough and let it rest at least 30 minutes.**
5. **Cut the dough into 3–5 pieces. Set the rollers of a pasta machine at the widest opening. Pass the pieces of dough through the machine, folding them in thirds after each pass and dusting them lightly with flour to keep them from getting sticky. Continue passing each piece through the machine until it is smooth (Fig. 14.4).**
6. **Working with one piece of dough at a time, decrease the width between the rollers one notch and pass the dough through them again. After each pass, turn the rollers one notch narrower, dust the dough with flour, and pass it through again. Continue until the dough is as thin as desired. The pasta is now ready to cut into desired shapes and to cook. See below for cutting instructions.**

VARIATIONS

Cutting Instructions

Fettuccine or Tagliatelle: Roll dough thin and cut with wide cutting rollers.
Taglierini: Roll dough thin and cut with narrow cutting rollers.
Pappardelle: Cut by hand, using a fluted cutting wheel, into long noodles about ¾ in. (18 mm) wide.
Tonnarelli: Roll dough to the same thickness as the width of the narrow cutting roller. Cut with the narrow cutting rollers. The result is like square spaghetti.
Bow ties: Cut into rectangles about 1½ × 3 in. (4 × 8 cm). Pinch in the middle to make a bow.
Lasagne: Cut by hand into broad strips about 8–12 in. (20–30 cm) long.

Spinach Pasta

Clean 1 lb (450 g) AP spinach, discarding stems. Simmer 5 minutes in salted water. Drain, rinse in cold water, and squeeze dry. Chop as fine as possible. Incorporate in basic pasta recipe, adding it to the flour at the same time as the eggs. Reduce the quantity of eggs to 4.

Other Colored Pastas

Other colored vegetables, in small quantities, cooked until tender and puréed or chopped fine, can be substituted for spinach to color pasta. For example, experiment with beets, red bell peppers, and carrots.

Herb Pasta

Roll out regular egg pasta as in step 6. When the sheets of pasta are almost as thin as desired, sprinkle one sheet of dough with coarsely chopped fresh herbs. Top with a second sheet to enclose the herbs and continue to roll to desired thinness.

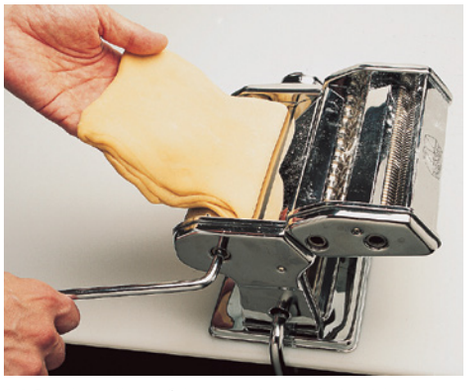
Whole Wheat Pasta

Substitute whole wheat flour for half of the white flour.

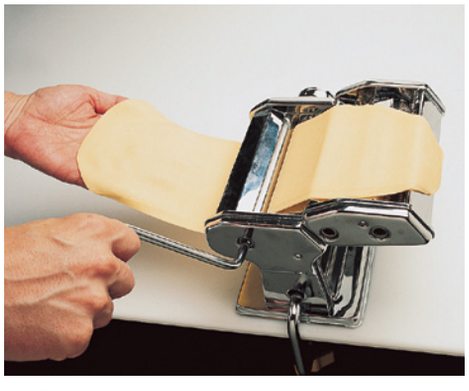
Buckwheat Pasta

In place of the 1 lb (450 g) white flour, use 10 oz (280 g) buckwheat flour and 6 oz (180 g) white flour. Omit the olive oil.

FIGURE 14.4 Working with fresh egg pasta.



(a) Set the rollers of the machine at their widest setting. Pass the piece of dough through the rollers, fold in thirds, and repeat until the dough is smooth.



(b) Decrease the opening between the rollers one notch at a time and pass the dough through them to roll to desired thickness.



(c) Pass the rolled-out dough through the appropriate cutters to make pasta of desired size and shape.



(d) To make ravioli, lay a thin sheet of pasta on the workbench. Deposit portions of filling on the dough using a spoon, small scoop, or pastry bag.



(e) Cover with another sheet of pasta.



(f) Press down between the mounds of filling to seal the layers of pasta together. Try to remove air bubbles from between the layers.



(g) Cut out the ravioli with cutters, or cut them apart with a pastry wheel.

Ravioli with Cheese Filling

PORTIONS: 10 PORTION SIZE: 5 OZ (150 G) UNCOOKED OR APPROXIMATELY 7 OZ (200 G) COOKED

U.S.	METRIC	INGREDIENTS
1 lb 3 oz	560 g	Ricotta cheese
3½ oz	100 g	Parmesan cheese, grated
2	2	Egg yolks
5 tbsp	20 g	Chopped parsley
¼ tsp	1 mL	Nutmeg
to taste	to taste	Salt
to taste	to taste	White pepper
1½ lb	800 g	Fresh pasta

PROCEDURE

1. Mix together the ricotta, parmesan, egg yolks, parsley, and seasonings.
2. Roll the pasta into thin sheets.
3. Over half the pasta, make small mounds of cheese filling, about 1 tsp (5 mL) each, arranging them in a checkerboard pattern 1½–2 in. (4–5 cm) apart.
4. Lay the remaining pasta over the top and press down between the mounds of cheese to seal well (Fig. 14.4). While doing this, try to avoid sealing large air bubbles inside the ravioli. *Note*: If the pasta is fresh and moist, the layers will seal together if pressed firmly. If it is dry, moisten the bottom layer lightly between the mounds of cheese, using a brush dipped in water. Do not get the pasta too wet.
5. Cut the ravioli apart with a pastry wheel. Check each piece to be sure it is completely sealed.
6. The cheese filling does not keep well, so the ravioli should be cooked the same day they are made. They can be held briefly on sheet pans covered with dry, clean towels; turn them over from time to time so they do not stick. Alternatively, cook them immediately in boiling salted water, keeping them slightly underdone. Drain and rinse under cold water, drain, and toss with oil or melted butter. Spread in a single layer on a sheet pan and refrigerate. They can then be reheated to order by sautéing them briefly in butter or oil or by dipping them in boiling water.
7. Serve with your choice of sauce, such as tomato sauce, meat sauce, Bolognese sauce, tomato cream sauce, or just melted butter and parmesan cheese.

Per serving: Calories, 410; Protein, 21 g; Fat, 17 g (38% cal.); Cholesterol, 205 mg; Carbohydrates, 42; Fiber, 1 g; Sodium, 270 mg.

Fettuccine Alfredo

PORTIONS: 10 PORTION SIZE: 6–7 OZ (175–200 G)

U.S.	METRIC	INGREDIENTS
1 cup	250 mL	Heavy cream
2 oz	60 g	Butter
1½ lb	700 g	Fresh fettuccine
1 cup	250 mL	Heavy cream
6 oz	175 g	Freshly grated parmesan cheese
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Combine 1 cup (250 mL) cream and the butter in a sauté pan. Bring to a simmer, reduce by one-fourth, and remove from heat.
2. Drop the noodles into boiling salted water, return to a full boil, and drain. The noodles must be slightly undercooked because they will cook further in the cream mixture.
3. Put the drained noodles in the pan with the hot cream and butter mixture. Over low heat, toss the noodles with two forks until they are well coated.
4. Add the remaining 1 cup (250 mL) cream and the cheese, and toss to mix well. (If the noodles seem dry at this point, add a little more cream.)
5. Add salt and pepper to taste.
6. Plate and serve immediately. Offer additional grated cheese at the table.

Per serving: Calories, 500; Protein, 17 g; Fat, 32 g (56% cal.); Cholesterol, 195 mg; Carbohydrates, 35 g; Fiber, 1 g; Sodium, 430 mg.

VARIATIONS

Fettuccine with Vegetables I (Fettuccine Primavera)

Fresh, lightly cooked vegetables can be added to fettuccine to make a great variety of dishes. In the basic recipe, use about half the quantity of cream. Select 4–6 fresh vegetables, cut them into appropriately small sizes and shapes, cook them al dente, and add them to the pasta when it is being tossed in the cream. The following are examples of appropriate vegetables:

Mushrooms	Tiny green beans
Peas	Asparagus
Broccoli	Artichoke hearts
Red or green bell pepper	Zucchini

Small quantities of finely diced ham, prosciutto, or bacon can also be added as a flavor accent.

Fettuccine with Vegetables II

Prepare like Fettuccine with Vegetables I, but omit all butter and cream. Instead, toss the freshly cooked fettuccine and cooked vegetables with olive oil. Add parmesan cheese as desired.

Fettuccine Bolognese

Serve the freshly cooked fettuccine with Bolognese Sauce (p. 409) instead of the cream sauce.

Fettuccine with Seafood

Use half the quantity of cream and cheese in the basic recipe. Prepare like Fettuccine with Vegetables I, adding only 1–3 types of vegetables. At the same time, add the desired quantity of cooked seafood, such as shrimp, scallops, crab, or lobster. For a fuller flavor, reduce a small amount of fish stock and white wine with the cream in the first step.

Fettuccine with Gorgonzola

Prepare as in the basic recipe, except use light cream instead of heavy cream in the first step. Omit the second quantity of heavy cream, and instead add 6 oz (175 g) gorgonzola cheese (Italian blue cheese). Reduce the quantity of parmesan cheese to 2 oz (60 g).



Fettuccine with Vegetables II

Bolognese Sauce (Ragù Bolognese)

YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS
1 fl oz	30 mL	Vegetable oil
2½ oz	75 g	Butter
3 oz	90 g	Onion, chopped fine
3 oz	90 g	Celery, chopped fine
3 oz	90 g	Carrot, chopped fine
1½ lb	720 g	Ground beef, preferably chuck
to taste	to taste	Salt
to taste	to taste	Pepper
12 fl oz	360 mL	Milk
¼ tsp	1 mL	Nutmeg
1 pt	500 mL	Dry white wine
1 lb 8 oz	720 g	Canned Italian-style tomatoes, chopped, with their juice
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Heat the oil and butter in a heavy saucepot over moderate heat. Add the onion, celery, and carrot. Sweat the vegetables until they just begin to soften.
2. Add the ground beef, along with a little salt and pepper. Stir to break up lumps, and cook until the meat has all lost its red color, but do not brown.
3. Add the milk and nutmeg. Simmer slowly until the milk has almost completely reduced.
4. Add the wine. Continue to simmer until the wine has almost completely reduced.
5. Stir in the tomatoes. Simmer over low heat, barely bubbling, about 3 hours, or until the sauce is quite thick. Stir from time to time as it cooks.
6. Taste and adjust the seasonings with salt and pepper.

Per fl oz: Calories, 90; Protein, 5 g; Fat, 5 g (53% cal.); Cholesterol, 20 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 70 mg.

Linguine with White Clam Sauce

PORTIONS: 10 PORTION SIZE: APPROXIMATELY 12 OZ (350 G)

U.S.	METRIC	INGREDIENTS
4 dozen	4 dozen	Cherrystone clams
1 cup	250 mL	Olive oil
4–6	4–6	Garlic cloves, sliced thin
½ tsp	2 mL	Red pepper flakes
½ cup	125 mL	Dry white wine (optional)
2 tsp	10 mL	Dried oregano
2 lb	900 g	Linguine
4 tbsp	60 mL	Chopped parsley
to taste	to taste	Black pepper

PROCEDURE

1. Open the clams. Strain and reserve 1 pt (500 mL) of their juice. Chop the clams coarsely.
2. Heat the olive oil in a large sauté pan. Add the garlic and brown it very lightly. Do not let it get too brown, or it will be bitter.
3. Add the red pepper and then, very carefully, add the wine. (If the pan is very hot, you may want to cool it a little first to prevent dangerous spattering when the liquid is added.) Reduce the wine by half.
4. Add the reserved clam juice and reduce by half.
5. Add the oregano.
6. Drop the linguine into boiling, salted water and boil al dente. Drain and plate.
7. While the linguine is boiling, add the chopped clams and the parsley to the olive oil mixture. Heat gently, just until the clams are hot. Do not overcook them, or they will be tough.
8. Add pepper to taste. (Because clams are salty, the sauce will probably not need any salt, but taste to make sure.)
9. Spoon the sauce over the hot linguine and serve at once.
10. Many people prefer this dish without parmesan cheese, but provide it on the side for those who want it.

Per serving: Calories, 600; Protein, 21 g; Fat, 24 g (36% cal.); Cholesterol, 25 mg; Carbohydrates, 74 g; Fiber, 7 g; Sodium, 40 mg.

Spaghetti Carbonara

PORTIONS: 10 PORTION SIZE: 11 OZ (330 G)

U.S.	METRIC	INGREDIENTS
2 fl oz	60 mL	Olive oil
12 oz	360 g	Pancetta, cut into short bâtonnet
2	2	Garlic cloves, chopped fine
3 fl oz	90 mL	Dry white wine
2 lb	1 kg	Spaghetti
4	4	Whole eggs, preferably pasteurized, lightly beaten
5 oz	150 g	Parmesan cheese, grated
¼ tsp or to taste	1 mL or to taste	Black pepper
1 oz	30 g	Chopped parsley
as needed	as needed	Salt

PROCEDURE

1. Heat the oil in a sauté pan over moderate heat. Add the pancetta and sauté until most of the fat has rendered and it begins to crisp.
2. Add the garlic and cook another few seconds.
3. Add the wine. Reduce by three-fourths.
4. While the pancetta is cooking, boil the spaghetti. Drain.
5. Reduce the heat under the sauté pan to low and add the spaghetti. Toss to coat with the fat from the pancetta.
6. Add the eggs, cheese, pepper, and parsley. Mix well over low heat until the spaghetti is well coated and the eggs have begun to coagulate. Heat only until the pasta has a creamy appearance. Do not cook so long that the eggs set hard.
7. Taste for seasonings. Because of the salt in the pancetta, you may not need salt, but add a little if needed.
8. Serve immediately.

Per serving: Calories, 620; Protein, 25 g; Fat, 25 g (37% cal.); Cholesterol, 125 mg; Carbohydrates, 71 g; Fiber, 4 g; Sodium, 940 mg.

SPAGHETTI CARBONARA

According to legend, spaghetti carbonara originated outside Rome as a hearty meal for coal miners (Italian for "coal" is *carbone*) or charcoal makers. Whatever its origins, the dish has become popular both inside and outside Italy. Although most versions served in North American restaurants contain cream, in Italy, the authentic spaghetti carbonara is made without cream, like the version here. In addition, the authentic version is made with *guanciale* (gwan chah leh), or cured pork jowl, but pancetta is a good substitute if guanciale is not available.



Spaghetti Carbonara

Macaroni and Cheese

PORTIONS: 15 PORTION SIZE: 6 OZ (175 G)

U.S.	METRIC	INGREDIENTS
1 lb	450 g	Elbow macaroni
1 qt	1 L	Medium Béchamel, hot (p. 187)
1 tsp	5 mL	Dry mustard
dash	dash	Tabasco
1 lb	450 g	Cheddar cheese, grated
		Garnish:
as needed	as needed	Bread crumbs
as needed	as needed	Paprika

PROCEDURE

1. Cook macaroni according to basic method for boiling pasta. Drain and rinse in cold water.
2. Flavor the béchamel with the dry mustard and Tabasco.
3. Mix the macaroni with the cheese. Combine with the béchamel.
4. Pour into a buttered half-hotel pan. Sprinkle with bread crumbs and paprika.
5. Bake at 350°F (175°C) until hot and bubbling, about 30 minutes.

Per serving: Calories, 330; Protein, 14 g; Fat, 17 g (46% cal.); Cholesterol, 50 mg; Carbohydrates, 31 g; Fiber, 1 g; Sodium, 290 mg.

Note: Cheese sauce may be used instead of béchamel. If you do so, reduce grated cheese to 4 oz (100 g) or omit.

RECIPE VARIATIONS

Macaroni and Cheese Variations

A great variety of ingredients can be mixed in before baking to add variety and menu interest. These are a few suggestions:

1 lb (450 g) slab bacon, cut into lardons and cooked until crisp

1 lb (450 g) diced ham

1 lb pork sausage or chicken sausage, crumbled and cooked

1 lb (450 g) tomato concassé or 8 oz (225 g) sundried tomatoes, cut into strips or diced

1 lb (450 g) lobster meat or crab meat, in chunks

Pizzoccheri

PORTIONS: 12 PORTION SIZE: 8 OZ (240 G)

U.S.	METRIC	INGREDIENTS
1½ lb	700 g	Buckwheat pasta dough (p. 406)
4 oz	120 g	Butter
2 oz	60 g	Garlic, crushed
1 lb	450 g	Small, waxy potatoes, cut into ¼-in. (6-mm) slices
2 lb	900 g	Swiss chard, stalks only, cut into 2-in. (5-cm) pieces
8 oz	240 g	Taleggio cheese, sliced into small pieces
4 oz	120 g	Parmesan cheese, grated

PROCEDURE

1. Prepare the pasta: Roll the buckwheat pasta dough into sheets slightly thicker than for fettuccine. Cut the sheets into strips 1 in. (2.5 cm) wide, then cut the strips diagonally into pieces about 3 in. (8 cm) long.
2. Prepare the garlic butter: Heat the butter in a small saucepan and add the garlic. Cook until the garlic is golden brown, then strain the butter and discard the garlic.
3. Drop the potatoes and chard into a large pot of boiling salted water. Cook at a slow boil just until the potatoes are tender.
4. When the potatoes are cooked, drop the buckwheat noodles into the water with the potatoes. Boil until the pasta is just cooked but al dente. Drain immediately in a colander.
5. Transfer the mixture to a large, buttered gratin dish or to several small gratin dishes.
6. Pour the garlic butter over the mixture and toss gently to coat the noodles, potatoes, and chard.
7. Add the Taleggio and parmesan cheese and mix in gently.
8. Bake at 400°F (200°C) until the mixture is hot and bubbling and the top is lightly browned, about 10 minutes.

Per serving: Calories, 380; Protein, 18 g; Fat, 18 g (42% cal.); Cholesterol, 135 mg; Carbohydrates, 38 g; Fiber, 4 g; Sodium, 610 mg.



Pizzoccheri

Whole Wheat Maltagliate with Porcini and Peas

PORTIONS: 8 PORTION SIZE: 8 OZ (240 G)

U.S.	METRIC	INGREDIENTS
1½ lb	700 g	Whole wheat pasta dough (p. 406)
2 oz	60 g	Dried porcini mushrooms
6 fl oz	180 mL	Olive oil
1 tbsp	15 mL	Finely chopped garlic
4 tbsp	60 mL	Chopped fresh parsley
1 lb	450 g	Peas, fresh or frozen
2 oz	60 g	Butter
to taste	to taste	Black pepper
4 oz	120 g	Parmesan cheese, grated

PROCEDURE

1. Prepare the pasta: Roll out the dough into sheets as for making fettuccine. By hand, cut the pasta into triangles about 3 in. (8 cm) across. (Maltagliate means "badly cut," referring to the irregular shapes of the pasta.)
2. Put the dried mushrooms in a bowl and cover them with hot water. Let stand 30 minutes.
3. Lift the mushrooms out of the water, squeezing them dry and letting the water run back into the bowl.
4. Cut the mushrooms into ½-in. (1-cm) pieces.
5. Strain the soaking liquid through a paper filter to remove sand or soil.
6. Heat the olive oil in a sauté pan. Add the garlic and cook until soft.
7. Add the mushrooms. Stir to coat with oil.
8. Add the soaking liquid, parsley, and peas. Simmer until almost all the liquid has evaporated.
9. In a separate pot, boil the pasta in salted water until al dente.
10. Drain and immediately add to the peas.
11. Add the butter and pepper. Toss to coat the noodles.
12. Add the grated cheese and toss to mix.
13. Serve immediately.

Per serving: Calories, 600; Protein, 23 g; Fat, 36 g (53% cal.); Cholesterol, 160 mg; Carbohydrates, 50 g; Fiber, 7 g; Sodium, 360 mg.



Whole Wheat Maltagliate with Porcini and Peas

Pad Thai

PORTIONS: 2 PORTION SIZE: 8 OZ

U.S.	METRIC	INGREDIENTS	PROCEDURE
4 oz	240 g	Thai flat rice noodles	1. Soak the rice noodles in warm water for about 1 hour, or until they are soft but not mushy.
2 tsp	10 mL	Tamarind paste	2. Mix the tamarind paste, water, fish sauce, brown sugar, and chili sauce. Set aside.
2 tbsp	30 mL	Water	
1 tbsp	15 mL	Fish sauce (nam pla)	
1 tbsp	15 mL	Brown sugar	
1 tsp	5 mL	Thai roasted red chili paste (nam prik pow)	
1 tsp	5 mL	Oil	3. Heat the oil in a wok or large sauté pan over moderately high heat.
1	1	Egg, beaten	4. Add the egg. Stir and cook until the egg is scrambled, then remove it with a perforated spoon.
1 tbsp	15 mL	Oil	5. Add the second quantity of oil to the pan. Add the garlic and scallions and stir-fry just until they start to brown.
1 tsp	5 mL	Garlic, chopped fine	
1	1	Scallions, sliced	6. Add the tofu and stir-fry 30 seconds.
3 oz	90 g	Firm tofu, bâtonnet	7. Drain the noodles. Add the noodles and the tamarind mixture to the pan. Begin to stir-fry, mixing the noodles with the other ingredients. Continue to stir-fry until the noodles are just tender.
3 oz	90 g	Bean sprouts	
1 tbsp	15 mL	Cilantro, chopped	8. Add the bean sprouts and cilantro and mix with the noodles just long enough for the sprouts to heat through.
		Garnish:	9. Transfer the noodles to one or more large serving bowls or portion into individual bowls.
1 oz	120 g	Peanuts, coarsely chopped	
1	1	Scallions, sliced	10. Sprinkle with the peanuts, scallions, and cilantro. Arrange the lime wedges on the side.
1½ tsp	7 mL	Cilantro, chopped	
2	2	Lime wedges	

Per serving: Calories, 1,120; Protein, 38 g; Fat, 54 g (42% cal.); Cholesterol, 425 mg; Carbohydrates, 131 g; Fiber, 7 g; Sodium, 900 mg.

VARIATIONS

Vegan Pad Thai

Omit the egg and, if desired, increase the tofu. Substitute soy sauce for the fish sauce.

PAD THAI

In the West, pad thai is perhaps the most famous Thai dish and is on nearly every Thai restaurant menu. In Thailand, however, this dish of stir-fried noodles is ordinary luncheon food, served by street vendors and simple diners. There are thousands of versions of this dish, many of which incorporate ingredients not included in the version presented here, including both dried and fresh shrimp, salted turnip, banana flower, and Chinese chives.

Rice Sticks, Singapore Style

YIELD: 2 QT (2 L) PORTIONS: 10 PORTION SIZE: 8 OZ (225 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 oz	30 g	Dried Chinese black mushrooms	1. Soak the dried mushrooms in warm water until soft. 2. Remove the mushrooms from the water and squeeze them dry. Cut off and discard the stems. 3. Cut the mushroom caps into julienne.
1 tbsp	15 mL	Soy sauce	4. Mix the soy sauce, water or stock, and curry powder.
4 fl oz	120 mL	Water or chicken stock	
5 tbsp	75 mL	Madras curry powder	
1 lb	450 g	Thin rice noodles (rice sticks)	5. Soak the noodles in warm, not hot, water until softened, about 20 minutes. Drain.
1 tbsp	15 mL	Vegetable oil	6. Heat the oil in a wok or large sauté pan. Add the egg and swirl it to cover the bottom of the pan in a thin layer. 7. As soon as the egg is set, remove it to a cutting board. Cut into thin shreds.
3	3	Eggs, beaten	
2 fl oz	60 mL	Vegetable oil	8. Heat the rest of the oil in the same wok or pan until very hot. 9. Add the scallions, garlic, ginger, and salt. Stir-fry 1 minute. 10. Add the shrimp and stir-fry until the shrimp is about half cooked. 11. Add the bean sprouts, peppers, mushrooms, and meat. Continue to stir-fry until the sprouts and peppers are cooked but still somewhat crisp. 12. Add the noodles and continue to stir-fry until the items are well mixed and hot. 13. Add the curry mixture. Quickly stir and toss the mixture to distribute it evenly. Continue to stir-fry until the liquid is absorbed. 14. Return the shredded omelet to the pan and toss to mix in. 15. Serve immediately.
4	4	Scallions, cut diagonally into thin shreds	
1 tbsp	15 mL	Finely chopped garlic	
1 tbsp	15 mL	Finely chopped fresh ginger root	
1 tsp	5 mL	Salt	
8 oz	225 g	Small shrimp, peeled and deveined	
8 oz	225 g	Mung bean sprouts	
4 oz	110 g	Red bell peppers, cut julienne	
4 oz	110 g	Cooked pork or chicken, cut julienne	

Per serving: Calories, 320; Protein, 13 g; Fat, 10 g (28% cal.); Cholesterol, 115 mg; Carbohydrates, 45 g; Fiber, 3 g; Sodium, 500 mg.

SINGAPORE NOODLES

The city-nation of Singapore sits at the tip of the Malay Peninsula, which juts into the Indian Ocean. Situated as it is between India and China, Singapore has always been an important stop on trade routes between East and West. Thus, it is not surprising that its cooking shows the influences of many regions, such as curry from India and rice noodles from South China.

That's a good story, but there isn't much evidence that the dish called Rice Stick Singapore Style, or Singapore Noodles, was invented in Singapore. Rather, it was probably invented in Chinese restaurants in Europe in the 1970s and quickly became popular around the world. Today, it is one of the most popular dishes in Chinese restaurants from Hong Kong to London.

Use a good brand of Madras curry powder to create the true flavor of this dish.



Rice Sticks, Singapore Style

DUMPLINGS

Dumplings are starch products made from soft doughs or batters and cooked by simmering or steaming. They are served as side dishes and in soups and stews. Many national cuisines have their own kinds of dumpling. (For Chinese filled dumplings or wontons, see p. 447.)



KEY POINTS TO REVIEW

- What are the major kinds and shapes of commercial pasta?
- What are the quality factors to look for in commercial pasta?
- How should pasta be cooked for à la carte service?
- What procedure should be used if pasta is to be cooked ahead in quantity?
- How are rice noodles prepared for cooking?

Spaetzle

PORTIONS: 15 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
6	6	Eggs
1½ cups	375 mL	Milk or water
1 tsp	5 mL	Salt
⅛ tsp	0.5 mL	Nutmeg
⅛ tsp	0.5 mL	White pepper
1 lb or more	450 g or more	Flour
as needed	as needed	Butter, for service

Per serving: Calories, 260; Protein, 7 g; Fat, 15 g (52% cal.); Cholesterol, 120 mg; Carbohydrates, 24 g; Fiber, 1 g; Sodium, 310 mg.

PROCEDURE

1. Beat the eggs in a bowl and add the milk or water, salt, nutmeg, and pepper.
2. Add the flour and beat until smooth. You should have a thick batter. If it is too thin, beat in a little more flour.
3. Let the batter stand 1 hour before cooking to relax the gluten.
4. Set a colander or perforated hotel pan (or a spaetzle machine, if available) over a large pot of boiling salted water (Fig. 14.5). The colander should be high enough so the steam doesn't cook the batter in the colander.
5. Place the batter in the colander and force it through the holes with a spoon or plastic scraper.
6. After the spaetzle float to the top of the water, let them simmer 1–2 minutes, then remove them with a skimmer. Cool quickly in cold water and drain well.
7. Cover and refrigerate until service.
8. Sauté portions to order in butter until hot. Serve immediately.

FIGURE 14.5 Making spaetzle.



(a) Force the batter through the holes of the perforated pan into simmering water.



(b) Remove the spatzle from the simmering water with a skimmer and drop into ice water.

Potato Dumplings

PORTIONS: 10 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
2½ lb	1.1 kg	Boiled potatoes, peeled, cold
12 oz	350 g	Flour
2 tsp	10 mL	Salt
2	2	Eggs
4 oz	125 g	Butter
4 oz	125 g	Dry bread crumbs

Per serving: Calories, 360; Protein, 8 g; Fat, 11 g (28% cal.); Cholesterol, 65 mg; Carbohydrates, 57 g; Fiber, 3 g; Sodium, 680 mg.

PROCEDURE

1. Grate the potatoes into a mixing bowl.
2. Add the flour and salt and mix lightly until just combined.
3. Add the eggs and mix well to form a stiff dough. Work in more flour if necessary.
4. Divide the dough into 20 equal portions. Roll each piece into a ball. Refrigerate 1 hour. Dumplings may be made ahead up to this point.
5. Heat the butter in a sauté pan and add the bread crumbs. Sauté for a few minutes, until the crumbs are toasted and brown. Set aside.
6. Place the dumplings in a pot of boiling salted water. Stir so they rise to the top and don't stick to the bottom of the pan. Simmer 10 minutes.
7. Remove with a slotted spoon and place in a single layer in a hotel pan (or onto serving plates).
8. Top with the toasted buttered bread crumbs. Serve 2 pieces per order. (Dumplings may also be served with melted butter or pan gravy.)

VARIATIONS

One or more of the following may be added to the dough: ¼ cup (60 mL) chopped parsley; 4 oz (125 g) diced bacon, cooked crisp; 2 oz (60 g) onion, chopped fine and sautéed in butter or bacon fat.

For the cork-shaped dumplings shown on page 529, cut cylinders out of the cooked dumplings using a round cutter. Brown the ends in butter.

Potato Gnocchi with Tomato Sauce

PORTIONS: 16 PORTION SIZE: 4½ OZ (140G)

U.S.	METRIC	INGREDIENTS
4 lb	2 kg	All-purpose potatoes (see *Note*)
1 lb	500 g	Flour
3 pt	1.5 L	Italian Tomato Sauce for Pasta (p. 405)
1½ cup	350 mL	Grated parmesan cheese

Per serving: Calories, 380; Protein, 10 g; Fat, 17 g (40% cal.); Cholesterol, 5 mg; Carbohydrates, 47 g; Fiber, 4 g; Sodium, 680 mg.

Note: All-purpose potatoes give the best results in this recipe. If you are using either very starchy potatoes, such as russets, or very waxy potatoes, add 2 beaten eggs to the mixture in step 3 to help the gnocchi hold together when cooking.

PROCEDURE

1. Wash the potatoes, but do not peel. Boil until tender.
2. Peel the potatoes while they are still hot, and force them though a food mill.
3. Add about three-fourths of the flour to the potatoes and knead to make a soft, sticky mixture. Continue to work in more flour to form a soft, smooth dough. It should still be somewhat sticky. You may not need all the flour.
4. Divide the dough into smaller pieces. Roll each piece into a sausage shape about ½ in. (1.25 cm) thick. Cut into pieces about ¾ in. (2 cm) long.
5. To shape the gnocchi, pick up one piece of the dough and press it with your fingertip against the times of a fork. Then flip the piece with the finger and allow it to drop on the worktable. This will give the piece grooves on one side and an indentation on the other side.
6. Drop the gnocchi into a large quantity of boiling salted water. When they float to the surface, let them boil 10–15 seconds, then remove with a skimmer or slotted spoon.
7. Plate the gnocchi. Top each portion with 2 fl oz (60 mL) tomato sauce and 1 tbsp (15 mL) grated parmesan cheese.

VARIATIONS

Gnocchi may be served with other pasta sauces, such as pesto, or simply with melted butter and grated cheese.



Potato Gnocchi with Tomato Sauce

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Baked Lasagne (Lasagne al Forno)
Fettuccine with Chiles and Grilled Chicken
Parisienne Gnocchi
Rigatoni or Penne with Sausage and Clams
Spaghetti Puttanesca
Vegetable Ravioli in Lemongrass Broth

TERMS FOR REVIEW

legume
haricot bean
lentil
dal
endosperm
bran
germ
parboiled or converted
rice
Arborio rice
polenta
hominy
bulgur
pasta
commercial dried pasta
macaroni
semolina
egg pastas
rice noodles
couscous
al dente
dumplings

QUESTIONS FOR DISCUSSION

1. Describe how to prepare dried beans, lentils, and peas for cooking.
2. What is the main difference between cooking dried kidney beans and dried lentils?
3. Describe the three basic methods for cooking grains.
4. Should rice be washed before cooking? Always, sometimes, or never? Discuss.
5. Can wild rice and long-grain rice be cooked together to decrease the portion cost of wild rice? Explain.
6. What factors determine how much water is needed to cook rice?
7. Describe two ways in which rice noodles are cooked or prepared.
8. Describe the procedure for making cheese ravioli, starting with a freshly made piece of pasta dough.