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. Distinguish the major types of dried legumes.
2. Cook dried legumes.
3. Distinguish the major types of rice.
4. Distinguish the major types of other grains used in food service.
5. Prepare grains by simmering and by the pilaf and risotto methods.
6. Distinguish major kinds and shapes of commercial pasta, and determine their quality.
7. Prepare fresh and commercial pasta products, and list the steps involved in the alternate steam-table method of its preparation.
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 13.1.

**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 nor 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 13.1 The Kidney Bean/Haricot Bean Family

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

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. 742). 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 pages 278–279. 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. 292). 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 26.

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).

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 9 (Soups), Chapter 21 (Salads and Salad Dressings), and Chapter 26 (Cooking for Vegetarian Diets).

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.

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)

#### Ingredients

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

#### 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.
### Baked Beans, New England Style

**PORTION: 10**  
**PORTION SIZE: 4 1/2 OZ (125 G)**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Dried beans, navy or Great Northern</td>
<td>1. Soak the beans overnight in enough water to cover by 2 in. (5 cm).</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>Bouquet garni: Bay leaf</td>
<td>2. Place the beans and liquid in a pot and add the bouquet garni.</td>
</tr>
<tr>
<td>6–8</td>
<td>6–8</td>
<td>Parsley stems</td>
<td>Bring to a boil, reduce heat, and simmer. Cover and simmer 45 minutes–1 hour, or until beans are just tender but not soft. Add more water if necessary during cooking.</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>1 mL</td>
<td>Dried thyme</td>
<td>3. Drain the beans, reserving the cooking liquid. Discard the bouquet garni.</td>
</tr>
<tr>
<td>a few</td>
<td>a few</td>
<td>Celery tops</td>
<td>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.</td>
</tr>
<tr>
<td>1 1/2 cup</td>
<td>120 mL</td>
<td>Molasses</td>
<td>5. Mix the beans, molasses mixture, and salt pork in a 2-qt (2-L) pot or deep baking pan.</td>
</tr>
<tr>
<td>1 oz</td>
<td>30 g</td>
<td>Brown sugar</td>
<td>6. Bake, covered, at 300°F (150°C) for 2–2 1/2 hours. Add more liquid if necessary during baking.</td>
</tr>
<tr>
<td>1 1/2 tsp</td>
<td>7 mL</td>
<td>Dry mustard</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tsp</td>
<td>7 mL</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>4 oz</td>
<td>110 g</td>
<td>Salt pork, medium dice</td>
<td></td>
</tr>
</tbody>
</table>

**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)**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 lb</td>
<td>750 g</td>
<td>Dried pinto beans or pink beans</td>
<td>1. Combine the beans, water, onion, garlic, and jalapeño in a pot. Bring to a boil, reduce heat, and simmer, covered, 1 1/2 hours. Check the pot from time to time and add more water, if needed, to keep the beans covered.</td>
</tr>
<tr>
<td>3 qt</td>
<td>3 L</td>
<td>Water, cold (see Note)</td>
<td>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.</td>
</tr>
<tr>
<td>6 oz</td>
<td>175 g</td>
<td>Onion, sliced thin</td>
<td>3. The beans will hold refrigerated for several days.</td>
</tr>
<tr>
<td>1–2</td>
<td>1–2</td>
<td>Garlic cloves, chopped</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>Jalapeño or other green chile, chopped (optional)</td>
<td></td>
</tr>
<tr>
<td>2 oz</td>
<td>60 g</td>
<td>Lard or rendered pork fat</td>
<td></td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Salt</td>
<td></td>
</tr>
</tbody>
</table>

**Per serving:**  
- Calories: 170  
- Protein: 8 g  
- Fat: 4 g (20% cal.)  
- Cholesterol: 5 mg  
- Carbohydrates: 11 g  
- Fiber: 2 g  
- Sodium: 120 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 1 1/2 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 1 1/2 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 Salsa

**YIELD:** 20 CAKES, 2 OZ (60 G) EACH  
**PORTIONS:** 10  
**PORTION SIZE:** 2 CAKES, 1 ½ FL OZ (45 ML) SALSA

## Ingredients

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 fl oz</td>
<td>30 mL</td>
<td>Olive oil</td>
</tr>
<tr>
<td>1 lb</td>
<td>500 g</td>
<td>Onion, cut brunoise</td>
</tr>
<tr>
<td>2–4</td>
<td>2–4</td>
<td>Garlic cloves, chopped</td>
</tr>
<tr>
<td>1–2</td>
<td>1–2</td>
<td>Jalapeños, seeded and cut brunoise</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Ground cumin</td>
</tr>
<tr>
<td>2 lb</td>
<td>1 kg</td>
<td>Cooked black beans (see Note)</td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
<td>Dried oregano</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Pepper</td>
</tr>
<tr>
<td>3 fl oz</td>
<td>100 mL</td>
<td>Olive oil</td>
</tr>
<tr>
<td>1 pt</td>
<td>450 mL</td>
<td>Salsa Cruda (p. 207)</td>
</tr>
</tbody>
</table>

## 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 2-oz (60-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 1 ½ fl oz (45 mL) 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 Salsa
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

<table>
<thead>
<tr>
<th>U.S. Measurements</th>
<th>Metric Measurements</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb 4 oz</td>
<td>600 g</td>
<td>Green (Le Puy) lentils</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>Onion, small, whole</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>1 mL</td>
<td>Sachet d’épices (p. 158):</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dried thyme</td>
</tr>
<tr>
<td>6</td>
<td>6</td>
<td>Peppercorns</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>Bay leaf</td>
</tr>
<tr>
<td>8–10</td>
<td>8–10</td>
<td>Parsley stems</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>Whole cloves</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>Garlic clove</td>
</tr>
</tbody>
</table>

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.

Hoppin’ John

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

U.S. METRIC INGREDIENTS

<table>
<thead>
<tr>
<th>U.S. Measurements</th>
<th>Metric Measurements</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Dried black-eyed peas</td>
</tr>
<tr>
<td>8 oz</td>
<td>225 g</td>
<td>Bacon, chopped</td>
</tr>
<tr>
<td>8 oz</td>
<td>225 g</td>
<td>Onion, chopped fine</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>2 mL</td>
<td>Red pepper flakes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water or chicken stock</td>
</tr>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Long-grain rice</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
</tr>
</tbody>
</table>

1. Clean, soak, and cook the peas according to the procedure for cooking dried legumes (p. 370). 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, 2.5 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)

<table>
<thead>
<tr>
<th>U. S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz</td>
<td>375 g</td>
<td>Dried flageolet beans</td>
<td>1. Rinse and drain the beans. Soak overnight in enough cold water to cover by several inches (5 cm or more).</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>Sachet d’épices (p. 158)</td>
<td>2. Drain. Add the sachet and the water or stock. Simmer until the beans are tender, about 45 minutes. Discard the sachet.</td>
</tr>
<tr>
<td>11/2 pt</td>
<td>750 mL</td>
<td>Water or light vegetable stock</td>
<td>3. Mash the chopped garlic with the salt.</td>
</tr>
<tr>
<td>3–4</td>
<td>3–4</td>
<td>Garlic cloves, peeled and chopped</td>
<td>4. Drain the beans. Place the beans in a food processor with the garlic and olive oil. Blend to a purée.</td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
<td>Salt</td>
<td>5. With the motor running, pour in the lemon juice. The purée should have the consistency of soft mashed potatoes.</td>
</tr>
<tr>
<td>6 fl oz</td>
<td>180 mL</td>
<td>Olive oil</td>
<td>6. Adjust seasoning to taste with salt and pepper if necessary.</td>
</tr>
<tr>
<td>11/2 fl oz</td>
<td>45 mL</td>
<td>Lemon juice</td>
<td>7. Serve warm as a vegetable accompaniment (reheat as necessary) or cold as a dip.</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Additional salt</td>
<td></td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Pepper</td>
<td></td>
</tr>
</tbody>
</table>

**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)

<table>
<thead>
<tr>
<th>U. S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb 4 oz</td>
<td>575 g</td>
<td>Red lentils</td>
<td>1. Sort, rinse, and drain the lentils.</td>
</tr>
<tr>
<td>2 1/2 qt</td>
<td>2.5 L</td>
<td>Water</td>
<td>2. Put the lentils and water in a saucepot. Bring to a boil. Skim off any froth that rises to the top.</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
<td>Garlic cloves, chopped</td>
<td>3. Add the garlic, ginger, cilantro, turmeric, and cayenne. Simmer until the lentils are very tender and falling apart, about 1 1/2 hours.</td>
</tr>
<tr>
<td>4 thin slices</td>
<td>4 thin slices</td>
<td>Fresh ginger root</td>
<td></td>
</tr>
<tr>
<td>2 tbsp</td>
<td>30 mL</td>
<td>Chopped fresh cilantro</td>
<td></td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Turmeric</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>2 mL</td>
<td>Cayenne</td>
<td></td>
</tr>
<tr>
<td>1 1/2 fl oz</td>
<td>45 mL</td>
<td>Lemon juice</td>
<td>4. Add the lemon juice and salt to taste.</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>2 fl oz</td>
<td>6 mL</td>
<td>Vegetable oil</td>
<td>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.</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Cumin seed</td>
<td>6. Pour the oil and seeds into the dal and stir in.</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ lb</td>
<td>700 g</td>
<td>Asparagus</td>
<td>1. Peel and trim the bottom of the asparagus stalks (see p. 277).</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2. Cook the asparagus in boiling salted water until just tender.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Drain, cool in cold water, and drain again.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>3. Cut the asparagus into pieces about 1½ inches (4 cm) long.</td>
</tr>
<tr>
<td>2 fl oz</td>
<td>60 mL</td>
<td>Olive oil</td>
<td>4. Heat the olive oil in a sauté pan over moderate heat.</td>
</tr>
<tr>
<td>4 oz</td>
<td>125 g</td>
<td>Shallots, chopped fine</td>
<td>5. Add the shallots and garlic. Cook until tender and lightly browned.</td>
</tr>
<tr>
<td>¼ oz</td>
<td>7 g</td>
<td>Garlic, chopped fine</td>
<td>6. Add the beans to the pan. Toss over heat until the beans are hot.</td>
</tr>
<tr>
<td>3 lb</td>
<td>1.4 kg</td>
<td>Cranberry beans, cooked or canned, drained</td>
<td>7. Add the asparagus and herbs. Heat another minute or two, until the asparagus is hot.</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>30 mL</td>
<td>Chopped fresh parsley</td>
<td>8. Add salt to taste.</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>15 mL</td>
<td>Chopped fresh basil</td>
<td>9. Just before serving, stir in the vinegar and the cheese.</td>
</tr>
<tr>
<td>1 fl oz</td>
<td>30 mL</td>
<td>Red wine vinegar</td>
<td></td>
</tr>
<tr>
<td>⅓ cup</td>
<td>80 mL</td>
<td>Grated parmesan cheese</td>
<td></td>
</tr>
</tbody>
</table>

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

---

**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 outer 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

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, entrees, 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 (see p. 386). 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. 441). 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.
CHAPTER 13  LEGUMES, GRAINS, PASTA, AND OTHER STARCHES

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 Italy-style cornmeal. Polenta has become popular in North America in recent years. Its preparation and uses are explained and illustrated on pages 390–391.

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 (poh so hleh). 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. 384).

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. 397).

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. 383).

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 an occasional 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 (see p. 94). 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.

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. 369) 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. 383) 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.
CHAPTER 13
LEGUMES, GRAINS, PASTA, AND OTHER STARCHES

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: 4 1/2–5 OZ (140 G)
12  4 OZ (115 G)
16  3 OZ (90 G)

PROPORTIONS

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: 4 1/2 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 4 1/2–5 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. 379 for note on washing rice).
2. Combine all ingredients in a heavy pot. Bring to boil. Stir. Cover and cook over very low heat.
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.

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

Oven
1. Wash rice in cold water until water runs clear (optional step; see p. 379 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.
3. Test rice for doneness. Bake 2–4 minutes more if necessary.
4. Fluff rice with fork or slotted spoon to let steam escape.

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

Steamer
1. Wash rice in cold water until water runs clear (optional step; see p. 379 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.
3. Test rice for doneness. Steam 2–4 minutes more if necessary.
4. Fluff rice with fork or slotted spoon to let steam escape.

Cooking times depend on type of steamer.
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. 390). 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 (see Figure 13.1). The fat helps keep the grains separate and adds flavor.

**FIGURE 13.1 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 2 1/4 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)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 oz</td>
<td>60 g</td>
<td>Butter</td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Onions, fine dice</td>
</tr>
<tr>
<td>1 pt (see Note)</td>
<td>500 mL (see Note)</td>
<td>Long-grain rice</td>
</tr>
<tr>
<td>1 1/2–2 pt (see Note)</td>
<td>750 mL–1 L (see Note)</td>
<td>Chicken stock or water, boiling</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
</tr>
</tbody>
</table>

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.

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 1 1/2–2 times its volume in stock or water (1 1/4 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 1 1/2 pints (0.75 L) liquid if you desire a drier product and if your cover is tight enough to retain most of the steam.

Variations

Tomato Pilaf
Prepare as in the basic recipe, using 12–16 oz (375–500 mL) chicken stock and 1 1/2 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 1/4 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 2 1/2 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
- 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)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 lb</td>
<td>1.8 kg</td>
<td>Cooked rice, cold</td>
</tr>
<tr>
<td>4–6 fl oz</td>
<td>125–175 mL</td>
<td>Oil</td>
</tr>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Cooked meat (cut into shreds) or seafood (flaked or sliced)</td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Scallions, sliced thin</td>
</tr>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Vegetables (see Variations), shredded or small dice</td>
</tr>
<tr>
<td>4–6 fl oz</td>
<td>125–175 mL</td>
<td>Soy sauce (optional)</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
</tr>
<tr>
<td>4–8</td>
<td>4–8</td>
<td>Eggs, beaten</td>
</tr>
</tbody>
</table>

**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.

**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)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz</td>
<td>30 g</td>
<td>Butter or vegetable oil</td>
</tr>
<tr>
<td>4 oz</td>
<td>125 g</td>
<td>Onion, chopped fine</td>
</tr>
<tr>
<td>8 oz</td>
<td>250 g</td>
<td>Bulgur, coarse</td>
</tr>
<tr>
<td>4 tsp</td>
<td>20 mL</td>
<td>Grated lemon zest</td>
</tr>
<tr>
<td>1½ pt</td>
<td>750 mL</td>
<td>Chicken stock or vegetable stock, hot</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Pepper</td>
</tr>
<tr>
<td>4 tbsp</td>
<td>60 mL</td>
<td>Chopped chives</td>
</tr>
</tbody>
</table>

**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.
### Risotto alla Parmigiana

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

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz</td>
<td>30 g</td>
<td>Butter</td>
<td>1. Heat the butter and oil in a large, straight-sided sauté pan. Add the onion and sauté until soft. Do not brown.</td>
</tr>
<tr>
<td>1 fl oz</td>
<td>30 mL</td>
<td>Vegetable oil</td>
<td>2. Add the rice and sauté until well coated with the fat.</td>
</tr>
<tr>
<td>1 oz</td>
<td>30 g</td>
<td>Onion, chopped fine</td>
<td>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.</td>
</tr>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Italian Arborio rice</td>
<td>4. Add another ladle of stock and repeat procedure. Do not add more than one ladleful of stock at a time.</td>
</tr>
<tr>
<td>1½ qt (approximately)</td>
<td>1.4 L (approximately)</td>
<td>Chicken stock, hot</td>
<td>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.</td>
</tr>
<tr>
<td>1 oz</td>
<td>30 g</td>
<td>Butter</td>
<td>6. Remove from the heat and stir in the raw butter and parmesan cheese. Salt to taste.</td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Parmesan cheese, grated</td>
<td></td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
<td></td>
</tr>
</tbody>
</table>

**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. 384) 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.)
(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:** 4 1/2 OZ (125 G)

**U.S.**  **METRIC**  **INGREDIENTS**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 lb</td>
<td>700 g</td>
<td>Long-grain rice</td>
</tr>
<tr>
<td>3 fl oz</td>
<td>90 mL</td>
<td>Oil</td>
</tr>
<tr>
<td>12 oz</td>
<td>350 g</td>
<td>Tomato purée</td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Onion, chopped fine</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>Garlic cloves, mashed to a paste</td>
</tr>
<tr>
<td>3 1/2 pt</td>
<td>1.75 L</td>
<td>Chicken stock</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>15 mL</td>
<td>Salt</td>
</tr>
</tbody>
</table>

**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.

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

**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, 1/4 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 L). You may use water instead of stock.

Barley with Wild Mushrooms and Ham

**PORTIONS:** 10  **PORTION SIZE:** 3 1/2 OZ (110 G)

**U.S.**  **METRIC**  **INGREDIENTS**

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

**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.

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

**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.
Paella

PORTIONS: 16 PORTION SIZE: SEE PROCEDURE

U.S. | Metric | Ingredients | Procedure
---|---|---|---
2 | 2 | 2 Chickens, 2 1/2–3 lb (1.1–1.4 kg) each | 1. Cut each chicken into 8 pieces.
as needed | as needed | Olive oil | 2. In a large sauté pan, brown the chicken in olive oil. Remove and set aside.
8 oz | 225 g | Chorizo sausage (see Note) | 3. Using additional oil as needed, briefly sauté the sausage, pork, shrimp, squid, and peppers. Do each ingredient separately, then remove to separate containers.
2 lb | 900 g | Lean pork, cut into large dice | 4. Combine the clams and mussels with the water in a covered pot. Steam just until they open.
16 | 16 | Large shrimp, peeled and deveined | 5. Remove the shellfish and set them aside. Strain the liquid, then add enough chicken stock to measure 2 qt (2 L).
2 lb | 900 g | Squid, cleaned (p. 605), cut into rings | 6. Add the saffron to the stock mixture.
2 | 2 | Red bell peppers, large dice | 7. In the skillet used for browning the meats, sauté the onion and garlic until soft. Use additional olive oil if necessary.
2 | 2 | Green bell peppers, large dice | 8. Add the tomatoes and rosemary. Cook until most of the liquid has evaporated and the tomatoes form a rather dry paste.
16 | 16 | Small clams | 9. Add the rice and stir. Add the chicken, sausage, pork, squid, and peppers.
16 | 16 | Mussels | 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.
8 fl oz | 250 mL | Water | 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.)
as needed | as needed | Chicken stock | 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.
1 tsp | 5 mL | Saffron | 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.
12 oz | 350 g | Onion, small dice | 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.
6 | 6 | Garlic cloves, minced | 4 oz | 125 g | Cooked green peas | to taste | to taste | Salt | Pepper
2 lb | 900 g | Tomatoes, chopped | 16 | 16 | Lemon wedges | 1 tsp | 10 mL | Salt
2 tsp | 10 mL | Dried rosemary | 2 tbsp | 900 g | Short-grain rice, such as Italian Arborio
2 tbsp | 10 mL | Salt
Note: If chorizo is not available, use pepperoni or other hard, spicy sausage. You may cut the sausage into 1/2-oz (15-g) chunks before sautéing or cut them up just before serving.

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

YIELD: ABOUT 5 LB (2.5 KG)

<table>
<thead>
<tr>
<th>U. S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 pt</td>
<td>2.5 L</td>
<td>Water</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>15 mL</td>
<td>Salt</td>
</tr>
<tr>
<td>1 lb</td>
<td>500 g</td>
<td>Polenta (Italian coarse-grained yellow cornmeal)</td>
</tr>
</tbody>
</table>

**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 (see Figure 13.3).
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. 399).

**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. 399), 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.
Grits with Cheddar Cheese

**PORTIONS: 12  PORTION SIZE: 6 OZ**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>500 mL</td>
<td>Hominy grits</td>
</tr>
<tr>
<td>2 qt</td>
<td>2 L</td>
<td>Water</td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
<td>Salt</td>
</tr>
<tr>
<td>8 oz</td>
<td>250 g</td>
<td>Cheddar cheese, grated</td>
</tr>
</tbody>
</table>

**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 1/4 of the water. Grits can be poured into a pan, chilled, cut into shapes, and browned lightly in butter.

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

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

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb 8 oz</td>
<td>750 g</td>
<td>Whole wheatberries, rinsed and soaked overnight in cold water (see Note)</td>
<td>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.</td>
</tr>
<tr>
<td>2 qt</td>
<td>2 L</td>
<td>Water, cold</td>
<td></td>
</tr>
<tr>
<td>2 fl oz</td>
<td>60 mL</td>
<td>Olive oil</td>
<td>2. Heat the olive oil in a sauté pan. Add the pecans and diced poblanos. Sauté about 1 minute.</td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Chopped pecans</td>
<td></td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Roasted poblano chile, diced to taste</td>
<td>3. Add the cooked wheatberries. Toss over heat until the mixture is hot. Season to taste.</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
<td></td>
</tr>
</tbody>
</table>

**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 378 cook in less than 30 minutes and yield 3 times their dry weight (about 4 1/2 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.
Farrotto with Pecorino Cheese

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

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Farro</td>
<td>1. Soak the farro in cold water 45 minutes. Drain.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2. Boil the farro in boiling salted water 20 minutes. Drain. At this point, the farro should be about half-cooked.</td>
</tr>
<tr>
<td>2 fl oz</td>
<td>60 mL</td>
<td>Olive oil</td>
<td>3. Heat the olive oil in a sauté pan over moderate heat.</td>
</tr>
<tr>
<td>1 oz</td>
<td>30 g</td>
<td>Onion, chopped fine</td>
<td>4. Sweat the onion in the oil until soft.</td>
</tr>
<tr>
<td>1 1/2 qt</td>
<td>1.5 L</td>
<td>Vegetable stock, hot</td>
<td>5. Add the farro. Stir and cook over moderate heat 2 minutes.</td>
</tr>
<tr>
<td>(approximately)</td>
<td>(approximately)</td>
<td></td>
<td>6. Ladle in 4 fl oz (125 mL) stock. Stir over moderate heat until the stock is absorbed and the farro is almost dry.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7. Add another ladleful of stock and repeat the procedure.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>8. Stop adding stock when the farro is tender.</td>
</tr>
</tbody>
</table>

Per serving: Calories, 260; Protein, 8 g; Fat, 12 g (39% cal.); Cholesterol, 15 mg; Carbohydrates, 34 g; Fiber, 0 g; Sodium, 102 mg.

Kasha Pilaf with Egg

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

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>250 mL</td>
<td>Buckwheat groats (kasha)</td>
<td>1. Put the buckwheat in a sauté pan over moderate heat.</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>Eggs, lightly beaten</td>
<td>2. Add the eggs and stir vigorously so all the grains are coated with egg.</td>
</tr>
<tr>
<td>2 oz</td>
<td>60 g</td>
<td>Chicken fat or butter</td>
<td>3. Continue to cook, stirring, until the grains are dry.</td>
</tr>
<tr>
<td>1 qt</td>
<td>1 L</td>
<td>Water or chicken stock</td>
<td>4. Add the fat and stir.</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Salt</td>
<td>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.</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>2 mL</td>
<td>Pepper</td>
<td></td>
</tr>
</tbody>
</table>

Per serving: Calories, 180; Protein, 5 g; Fat, 7 g (35% cal.); Cholesterol, 50 mg; Carbohydrates, 24 g; Fiber, 2 g; Sodium, 480 mg.
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 pastas are 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. Soft 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 (see p. 897), 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 (p. 405).

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 13.2 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 13.2 Commercial Pasta Shapes and Uses**

<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
<th>Suggested Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti</td>
<td>Long, round</td>
<td>With great variety of sauces, especially tomato sauces</td>
</tr>
<tr>
<td>Spaghettini</td>
<td>Thin, long, round</td>
<td>Like spaghetti, especially with olive oil and seafood sauces</td>
</tr>
<tr>
<td>Vermicelli</td>
<td>Very thin</td>
<td>With light, delicate sauces and, broken, in soups</td>
</tr>
<tr>
<td>Linguine</td>
<td>Looks like slightly flattened spaghetti</td>
<td>Like spaghetti; popular with clam sauces</td>
</tr>
<tr>
<td>Perciatelli, bucatini</td>
<td>Looks like thick, hollow spaghetti</td>
<td>Like spaghetti, but can handle heavy, chunky sauces</td>
</tr>
<tr>
<td>Fusilli</td>
<td>Long, shaped like a corkscrew</td>
<td>Thick, creamy sauces</td>
</tr>
<tr>
<td>Macaroni</td>
<td>Long, hollow tubes</td>
<td>Especially good with hearty meat sauces</td>
</tr>
<tr>
<td>Elbow macaroni</td>
<td>Short, bent macaroni</td>
<td>Cold, in salads; baked, in casseroles</td>
</tr>
<tr>
<td>Penne or mostaccioli</td>
<td>Hollow tubes, cut diagonally; may be smooth or ridged</td>
<td>Baked, with meat sauce or with tomato sauce and cheese; freshly cooked, with tomato sauce</td>
</tr>
<tr>
<td>Ziti</td>
<td>Short, hollow tubes, cut straight</td>
<td>Stuff with cheese or meat filling</td>
</tr>
<tr>
<td>Rigatoni</td>
<td>Larger tubes, with ridges</td>
<td></td>
</tr>
<tr>
<td>Manicotti (sometimes called cannelloni, which are actually rolled from fresh egg noodle dough)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orecchiette</td>
<td>Little ears</td>
<td>Chunky vegetable sauces</td>
</tr>
<tr>
<td>Rotelle, ruote</td>
<td>Wheels</td>
<td>Chunky tomato, meat, or vegetable sauces; in soups</td>
</tr>
<tr>
<td>Radiatore</td>
<td>Radiators; curled, ruffled shapes</td>
<td>Cold, in salads; hot, with chunky sauces</td>
</tr>
<tr>
<td>Fettuccine</td>
<td>Flat egg noodles</td>
<td>Rich cream sauces or meat sauces</td>
</tr>
<tr>
<td>Tagliatelle</td>
<td>Wide, flat egg noodles</td>
<td>Baked with meat, cheese, or vegetable fillings</td>
</tr>
<tr>
<td>Lasagna</td>
<td>Broad, flat noodles, often with rippled edges</td>
<td>With seafood or meat sauces; small sizes can be used in salads</td>
</tr>
<tr>
<td>Conchiglie</td>
<td>Shells</td>
<td>With sauces containing chunks of meat, sausage, or vegetable</td>
</tr>
<tr>
<td>Bow ties or farfalle</td>
<td>Look like bow ties</td>
<td>In soups; cold, in salads; buttered, as a side dish</td>
</tr>
<tr>
<td>Pastina (little pasta)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ditalini</td>
<td>Very short, hollow tubes</td>
<td></td>
</tr>
<tr>
<td>Orzo</td>
<td>Rice-shaped</td>
<td></td>
</tr>
<tr>
<td>Stelline</td>
<td>Tiny stars</td>
<td></td>
</tr>
<tr>
<td>Acini di pepe</td>
<td>Peppercorns</td>
<td></td>
</tr>
<tr>
<td>Pepe bucato</td>
<td>Peppercorns with holes</td>
<td></td>
</tr>
<tr>
<td>Rotelline</td>
<td>Little wheels</td>
<td></td>
</tr>
<tr>
<td>Semi di melone</td>
<td>Melon seeds</td>
<td></td>
</tr>
</tbody>
</table>
CHAPTER 13

legumes, grains, pasta, and other starches

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.

### 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.)
5. 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.
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: 1 1/2 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 1/2 oz | 15 g | Salt |
| 1 1/2 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.


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.

**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 1 1/2 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 |
| 1 1/2 cups | 375 mL | Olive oil |
| 2 oz | 60 g | Walnuts or pine nuts (pignoli) |
| 6 | 6 | Garlic cloves |
| 1 1/2 tsp | 7 mL | Salt |
| 5 oz | 150 g | Parmesan cheese, grated |
| 1 1/2 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, 130; Protein, 8 g; Fat, 35 g (88% cal.); Cholesterol, 15 mg; Carbohydrates, 3 g; Fiber, 1 g; Sodium, 530 mg.**
Fresh Egg Pasta

YIELD: 1 1/2 LB (700 G)

**U.S.** | **METRIC** | **INGREDIENTS**
--- | --- | ---
1 lb | 450 g | Bread flour
5 | 5 | Eggs
1/2 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.

**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 3/4 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 1 1/2 x 3 in. (4 x 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.
Ravioli with Cheese Filling

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

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb 3 oz</td>
<td>560 g</td>
<td>Ricotta cheese</td>
<td>1. Mix together the ricotta, parmesan, egg yolks, parsley, and seasonings.</td>
</tr>
<tr>
<td>3 1/2 oz</td>
<td>100 g</td>
<td>Parmesan cheese, grated</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>Egg yolks</td>
<td></td>
</tr>
<tr>
<td>5 tbsp</td>
<td>20 g</td>
<td>Chopped parsley</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>1 mL</td>
<td>Nutmeg</td>
<td></td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>White pepper</td>
<td></td>
</tr>
<tr>
<td>1 1/2 lb</td>
<td>800 g</td>
<td>Fresh pasta</td>
<td></td>
</tr>
</tbody>
</table>

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

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. Cover with another sheet of pasta. Press down between the mounds of filling to seal the layers of pasta together. Try to remove air bubbles from between the layers. Cut out the ravioli with cutters, or cut them apart with a pastry wheel.

Serve with your choice of sauce, such as tomato sauce, meat sauce, Bolognese sauce, tomato cream sauce, or just melted butter and parmesan cheese.
Fettuccine Alfredo

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

**U.S.**  **METRIC**  **INGREDIENTS**  **PROCEDURE**

1 cup  250 mL  Heavy cream  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 oz  60 g  Butter

1 1/2 lb  700 g  Fresh fettuccine  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.

1 cup  250 mL  Heavy cream  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.

3/4 oz  175 g  Freshly grated parmesan cheese  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.)

to taste  to taste  Salt  5. Add salt and pepper to taste.

to taste  to taste  Pepper  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. 403) 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).
Bolognese Sauce (Ragù Bolognese)

YIELD: 1 QT (1 L)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 fl oz</td>
<td>30 mL</td>
<td>Vegetable oil</td>
<td>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.</td>
</tr>
<tr>
<td>2 1/2 oz</td>
<td>75 g</td>
<td>Butter</td>
<td></td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Onion, chopped fine</td>
<td></td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Celery, chopped fine</td>
<td></td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Carrot, chopped fine</td>
<td></td>
</tr>
<tr>
<td>1 1/2 lb</td>
<td>720 g</td>
<td>Ground beef, preferably chuck</td>
<td>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.</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Pepper</td>
<td></td>
</tr>
<tr>
<td>12 fl oz</td>
<td>360 mL</td>
<td>Milk</td>
<td>3. Add the milk and nutmeg. Simmer slowly until the milk has almost completely reduced.</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>1 mL</td>
<td>Nutmeg</td>
<td>4. Add the wine. Continue to simmer until the wine has almost completely reduced.</td>
</tr>
<tr>
<td>1 pt</td>
<td>500 mL</td>
<td>Dry white wine</td>
<td></td>
</tr>
<tr>
<td>1 lb 8 oz</td>
<td>720 g</td>
<td>Canned Italian-style tomatoes, chopped, with their juice</td>
<td>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.</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
<td>6. Taste and adjust the seasonings with salt and pepper.</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Pepper</td>
<td></td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 dozen</td>
<td>4 dozen</td>
<td>Cherystone clams</td>
<td>1. Open the clams. Strain and reserve 1 pt (500 mL) of their juice. Chop the clams coarsely.</td>
</tr>
<tr>
<td>1 cup</td>
<td>250 mL</td>
<td>Olive oil</td>
<td>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.</td>
</tr>
<tr>
<td>4–6</td>
<td>4–6</td>
<td>Garlic cloves, sliced thin</td>
<td>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.</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>2 mL</td>
<td>Red pepper flakes</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>125 mL</td>
<td>Dry white wine (optional)</td>
<td>4. Add the reserved clam juice and reduce by half.</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Dried oregano</td>
<td>5. Add the oregano.</td>
</tr>
<tr>
<td>2 lb</td>
<td>900 g</td>
<td>Linguine</td>
<td>6. Drop the linguine into boiling, salted water and boil al dente. Drain and plate.</td>
</tr>
<tr>
<td>4 tbsp</td>
<td>60 mL</td>
<td>Chopped parsley</td>
<td>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.</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Black pepper</td>
<td>8. Add pepper to taste. (Because clams are salty, the sauce will probably not need any salt, but taste to make sure.)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9. Spoon the sauce over the hot linguine and serve at once.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10. Many people prefer this dish without parmesan cheese, but provide it on the side for those who want it.</td>
</tr>
</tbody>
</table>

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  PROCEDURE

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

Spaghetti
Whole eggs, preferably pasteurized, lightly beaten
Parmesan cheese, grated
Black pepper
Chopped parsley
Salt

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.
**Macaroni and Cheese**

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

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Elbow macaroni</td>
<td>1. Cook macaroni according to basic method for boiling pasta. Drain and rinse in cold water.</td>
</tr>
<tr>
<td>1 qt</td>
<td>1 L</td>
<td>Medium Béchamel, hot (p. 181)</td>
<td>2. Flavor the béchamel with the dry mustard and Tabasco.</td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
<td>Dry mustard</td>
<td>3. Mix the macaroni with the cheese. Combine with the béchamel.</td>
</tr>
<tr>
<td>dash</td>
<td>dash</td>
<td>Tabasco</td>
<td>4. Pour into a buttered half-hotel pan. Sprinkle with bread crumbs and paprika.</td>
</tr>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Cheddar cheese, grated</td>
<td>5. Bake at 350°F (175°C) until hot and bubbling, about 30 minutes.</td>
</tr>
</tbody>
</table>

**Garnish:**
- as needed Bread crumbs
- as needed Paprika

_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.

---

**Pizzoccheri**

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

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ lb</td>
<td>700 g</td>
<td>Buckwheat pasta dough (p. 400)</td>
<td>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.</td>
</tr>
<tr>
<td>4 oz</td>
<td>120 g</td>
<td>Butter</td>
<td>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.</td>
</tr>
<tr>
<td>2 oz</td>
<td>60 g</td>
<td>Garlic, crushed</td>
<td>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.</td>
</tr>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Small, waxy potatoes, cut into 1/4-in. (6-mm) slices</td>
<td>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.</td>
</tr>
<tr>
<td>2 lb</td>
<td>900 g</td>
<td>Swiss chard, stalks only, cut into 2-in. (5-cm) pieces</td>
<td>5. Transfer the mixture to a large, buttered gratin dish or to several small gratin dishes.</td>
</tr>
<tr>
<td>8 oz</td>
<td>240 g</td>
<td>Taleggio cheese, sliced into small pieces</td>
<td>6. Pour the garlic butter over the mixture and toss gently to coat the noodles, potatoes, and chard.</td>
</tr>
<tr>
<td>4 oz</td>
<td>120 g</td>
<td>Parmesan cheese, grated</td>
<td>7. Add the Taleggio and parmesan cheeses and mix in gently.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>8. Bake at 400°F (200°C) until the mixture is hot and bubbling and the top is lightly browned, about 10 minutes.</td>
</tr>
</tbody>
</table>

_Per serving:_ Calories, 380; Protein, 18 g; Fat, 18 g (42% cal.); Cholesterol, 135 mg; Carbohydrates, 38 g; Fiber, 4 g; Sodium, 610 mg.
Whole Wheat Maltagliate with Porcini and Peas

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

U.S.  METRIC  INGREDIENTS

1 1/2 lb  700 g  Whole wheat pasta dough (p. 400)

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  to taste  60 g  Butter

4 oz  120 g  Parmesan cheese, grated

2 oz  to taste  60 g  Dried porcini mushrooms

3 oz  to taste  60 g  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  to taste  60 g  Butter

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 1/2-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.
**Pad Thai**

**PORTIONS: 2  PORTION SIZE: 8 OZ**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz</td>
<td>240 g</td>
<td>Thai flat rice noodles</td>
<td>1. Soak the rice noodles in warm water for about 1 hour, or until they are soft but not mushy.</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Tamarind paste</td>
<td>2. Mix the tamarind paste, water, fish sauce, brown sugar, and chili sauce. Set aside.</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>30 mL</td>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>1 tbsp</td>
<td>15 mL</td>
<td>Fish sauce (nam pla)</td>
<td></td>
</tr>
<tr>
<td>1 tbsp</td>
<td>15 mL</td>
<td>Brown sugar</td>
<td></td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
<td>Thai roasted red chili paste (nam prik pow)</td>
<td></td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
<td>Oil</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>Egg, beaten</td>
<td></td>
</tr>
<tr>
<td>1 tbsp</td>
<td>15 mL</td>
<td>Oil</td>
<td>3. Heat the oil in a wok or large sauté pan over moderately high heat.</td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
<td>Garlic, chopped fine</td>
<td>4. Add the egg. Stir and cook until the egg is scrambled, then remove it with a perforated spoon.</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>Scallions, sliced</td>
<td></td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Firm tofu, bâtonnet</td>
<td>5. Add the second quantity of oil to the pan. Add the garlic and scallions and stir-fry just until they start to brown.</td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Bean sprouts</td>
<td>6. Add the tofu and stir-fry 30 seconds.</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>15 mL</td>
<td>Cilantro, chopped</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Garnish:</td>
<td></td>
</tr>
<tr>
<td>1 oz</td>
<td>120 g</td>
<td>Peanuts, coarsely chopped</td>
<td>8. Add the bean sprouts and cilantro and mix with the noodles just long enough for the sprouts to heat through.</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
<td>Scallions, sliced</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tsp</td>
<td>7 mL</td>
<td>Cilantro, chopped</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>Lime wedges</td>
<td></td>
</tr>
</tbody>
</table>

**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.

1 tbsp  15 mL  Soy sauce
2. Remove the mushrooms from the water and squeeze them dry. Cut off and discard the stems.

4 fl oz  120 mL  Water or chicken stock
3. Cut the mushroom caps into julienne.

5 tbsp  75 mL  Madras curry powder
4. Mix the soy sauce, water or stock, and 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.

3 3 Eggs, beaten
7. As soon as the egg is set, remove it to a cutting board. Cut into thin shreds.

2 fl oz  60 mL  Vegetable oil
8. Heat the rest of the oil in the same wok or pan until very hot.

4 4 Scallions, cut diagonally into thin shreds
9. Add the scallions, garlic, ginger, and salt. Stir-fry 1 minute.

1 tbsp  15 mL  Finely chopped garlic
10. Add the shrimp and stir-fry until the shrimp is about half cooked.

1 tbsp  15 mL  Finely chopped fresh ginger root
11. Add the bean sprouts, peppers, mushrooms, and meat. Continue to stir-fry until the sprouts and peppers are cooked but still somewhat crisp.

1 tsp  5 mL  Salt
12. Add the noodles and continue to stir-fry until the items are well mixed and hot.

8 oz  225 g  Small shrimp, peeled and deveined
13. Add the curry mixture. Quickly stir and toss the mixture to distribute it evenly. Continue to stir-fry until the liquid is absorbed.

8 oz  225 g  Mung bean sprouts
14. Return the shredded omelet to the pan and toss to mix in.

4 oz  110 g  Red bell peppers, cut julienne
15. Serve immediately.

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.
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. 441.)

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)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>6</td>
<td>Eggs</td>
<td>1. Beat the eggs in a bowl and add the milk or water, salt, nutmeg, and pepper.</td>
</tr>
<tr>
<td>1 1/2 cups</td>
<td>375 mL</td>
<td>Milk or water</td>
<td>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.</td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
<td>Salt</td>
<td>3. Let the batter stand 1 hour before cooking to relax the gluten.</td>
</tr>
<tr>
<td>1/8 tsp</td>
<td>0.5 mL</td>
<td>Nutmeg</td>
<td>4. Set a colander or perforated hotel pan (or a spaetzle machine, if available) over a large pot of boiling salted water (see Figure 13.5). The colander should be high enough so the steam doesn't cook the batter in the colander.</td>
</tr>
<tr>
<td>1/8 tsp</td>
<td>0.5 mL</td>
<td>White pepper</td>
<td>5. Place the batter in the colander and force it through the holes with a spoon or plastic scraper.</td>
</tr>
<tr>
<td>1 lb or more</td>
<td>450 g or more</td>
<td>Flour</td>
<td>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.</td>
</tr>
<tr>
<td>as needed</td>
<td>as needed</td>
<td>Butter, for service</td>
<td>7. Cover and refrigerate until service.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>8. Sauté portions to order in butter until hot. Serve immediately.</td>
</tr>
</tbody>
</table>

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

FIGURE 13.5 Making spaetzle.

(a) Force the batter through the holes of the perforated pan into simmering water.
(b) Remove the spaetzle from the simmering water with a skimmer and drop into ice water.
### Potato Dumplings

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

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1/2 lb</td>
<td>1.1 kg</td>
<td>Boiled potatoes, peeled, cold</td>
<td>1. Grate the potatoes into a mixing bowl.</td>
</tr>
<tr>
<td>12 oz</td>
<td>350 g</td>
<td>Flour</td>
<td>2. Add the flour and salt and mix lightly until just combined.</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Salt</td>
<td>3. Add the eggs and mix well to form a stiff dough. Work in more flour if necessary.</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>Eggs</td>
<td>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.</td>
</tr>
</tbody>
</table>

- **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.

**VARIATIONS**

One or more of the following may be added to the dough: 1/4 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 p. 519, 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: 4 1/2 OZ (140 G)**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 lb</td>
<td>2 kg</td>
<td>All-purpose potatoes (see Note)</td>
<td>1. Wash the potatoes, but do not peel. Boil until tender.</td>
</tr>
<tr>
<td>1 lb</td>
<td>500 g</td>
<td>Flour</td>
<td>2. Peel the potatoes while they are still hot, and force them through a food mill.</td>
</tr>
<tr>
<td>3 pt</td>
<td>1.5 L</td>
<td>Italian Tomato Sauce for Pasta (p. 399)</td>
<td>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.</td>
</tr>
<tr>
<td>1 1/2 cup</td>
<td>350 mL</td>
<td>Grated parmesan cheese</td>
<td>4. Divide the dough into smaller pieces. Roll each piece into a sausage shape about 1/2 in. (1.25 cm) thick. Cut into pieces about 1/4 in. (2 cm) long.</td>
</tr>
</tbody>
</table>

- **3 pt** 1.5 L Italian Tomato Sauce for Pasta (p. 399)
- **1 1/2 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.

**VARIATIONS**

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

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

Baked Lasagne (Lasagne al Forno); Chickpeas in Spicy Tomato Sauce; Fettuccine with Chiles and Grilled Chicken; Pasta e Fagioli; 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.
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.