



Hospitality and Catering

# Producing pasta dishes

## Lesson 1

Gain knowledge and understanding of storing, preparing and cooking various pasta dishes in the hospitality and catering industry with this course.





# Learning Objectives

- List ingredients used to make pasta
- Describe how to make fresh pasta
- Understand how to make various stuffed pasta
- State how to compile and cook a lasagne pasta dish
- Identify pasta shapes using pasta cutting/rolling machines
- Recognise how to cook pasta correctly
- Summarise common pasta sauces and list their ingredients







# Learning Objectives

- Explain how to check the quality of dried pasta, fresh pasta and sauces
- Identify the correct equipment required to prepare and cook pasta dishes
- Understand how to reheat pre-cooked pasta and sauces for service
- State the garnishes served on various pasta dishes
- Describe how to produce healthy pasta dishes
- Select types of pasta sauces with different shaped pasta





# What is pasta ?

Pasta is made from a dough made from flour, eggs and water.

Rolled into shapes and dried or cooked fresh.

Usually cooked by boiling or baking.





# What is pasta ?

Pasta originates from Italy and we tend to stick with Italian based ingredients.





# Fresh pasta dough

Made in a dough mixing machine.

Ensure the dough is firm, smooth and dry.







# Ingredients of pasta

- Wheat flour (gluten free flour's can be used)
- Water
- Eggs
- Salt





# Coloured pasta – adding ingredients to the dough

- Red pasta – add tomato puree
- Green pasta – add spinach
- Black pasta – add squid ink







# Fresh pasta dough

- Mix all the ingredients together
- By hand – takes a long time
- In a dough mixing machine is easier
- Ensure the dough is smooth and dry





# Rolling pasta for shapes

- Roll sheets very thinly
- Cut sheets in shapes





# Rolling pasta for shapes

Machines come in different sizes.

- Household machines
- Commercial machines







# Stuffed pasta

Rolled sheets of pasta placed over moulds.

Moulds are filled.

Covered and sealed with another sheet.





# Stuffed pasta shapes

- Ravioli – square shapes
- Tortellini – semi circle and nipped at the edges
- Cannelloni – long wide tubes





# Stuffed pasta filling

You can stuff pasta with the freshest local ingredients.

Finely chop the filling. Precooking the filling is normal to ensure a good product.

Ricotta cheese and spinach is a typical Italian stuffing.







# Cooking stuffed pasta

Ravioli and tortellini are boiled.

Cannelloni is typically baked with a covering of sauce.





# Lasagne

Lasagne are large flat sheets of pasta.  
Used for building a large dish with layers  
of filling and pasta.





# Lasagne fillings

A traditional lasagne is built using layers of bolognaise sauce, lasagne sheets and topped with bechamel sauce and cheese.

It is baked in the oven.







# Fillings for lasagne's

Use fresh seasonal produce.

Always top with a sauce to protect the filling and prevent the pasta sheets from drying out or getting burned.





# Cooking lasagne

It is best to precook any filling and sauce before cooking a lasagne.

This ensures everything is cooked through.

Saves time cooking.

Prevents over cooking of the pasta.





# Simple pasta shapes

Simple pasta shapes are cut by hand or using a home pasta machine.

- Tagliatelle – long strips – 1 cm width
- Tagliarini – long strips – 0.5 cm width







# Popular Pasta shapes using commercial machines

- Penne – thin tubes
- Fusilli - curly
- Spaghetti - long
- Rigatoni – wide tubes
- Shells





# **Revision Activity 1**

**Describe how to make a lasagne?**