



Hospitality and Catering

Producing pasta dishes

Lesson 2

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





Cooking pasta shapes

All pasta shapes are boiled before eating.

Some dishes may use grilling and baking to finish the dish.





How do I know pasta is cooked?

You must taste the pasta before serving.

Pasta must be cooked through.

Sauce flavours may need to be corrected.





Al dente

This is the expression used to describe when pasta is cooked.

It means:

- Just cooked
- Slightly firm

You can bite through easily.





Over cooked pasta

- Is very soft and breaks up.
- Is unpleasant to eat because it has no texture.





Under cooked pasta

- Is chewy and hard.
- It is bad for digestion.
- It is an unpleasant eating experience because we have to spit it out.





Cooking sauces

Typical sauces used with pasta are:

- Tomato sauce – tomatoes, garlic and herbs.
- Bolognese sauce – tomato sauce and ground meat.
- Bechamel sauce – milk and flour.





Quality points for sauces

- Not too thick, it will make the pasta stodgy and too filling.
- Not too thin, it will run off the pasta, looking unappetising.





Quality points of sauces

- The sauce should just cover the back of a spoon when it is cooked.
- Sauces should be seasoned but not too strong or too weak.
- Allow the customer to add more seasoning.





Revision Activity 2

What does 'Al dente' mean?