

# Starch Cookery: Noodles

What is the difference between pasta and noodles?

- Pasta traditionally contains \_\_\_\_\_ and \_\_\_\_\_
- Noodles can be made of \_\_\_\_\_ and may or may not have egg.

## Nutritional Value:

- Excellent \_\_\_\_\_, a source of \_\_\_\_\_ (starch) which provide our bodies with long lasting energy.
- Whole Grain noodles contain valuable \_\_\_\_\_ which helps us meet our recommended goal of \_\_\_\_\_ daily.
- If the noodles contain \_\_\_\_\_, they add valuable \_\_\_\_\_ to our diets.

## Uses of Noodles

1. Main Dish such as:  
\_\_\_\_\_
2. Accompaniment (Side Dish) in place of  
\_\_\_\_\_ An ingredient in soups such as:  
\_\_\_\_\_
3. An ingredient in salads such as:  
\_\_\_\_\_

## Ways to purchase noodles:

1. Fresh (Fresca)
2. Dried (Seaco)

## How much for each person?

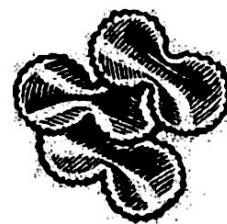
The recommended standard serving of noodles for each person (main dish) should be \_\_\_\_\_ of dry pasta before cooking. The actual measurement will vary because of the unique shapes of any noodle. Noodles will expand when cooked because water is absorbed into the starch granules and they grow in size.

Shaped pasta dried 250 ml = 500 ml cooked  
Noodles/long thin pasta 250 ml = 300 ml cooked.

## How to Cook Noodles:

*These are approximations only - actual times will depend on:*

- your own \_\_\_\_\_
- the \_\_\_\_\_ of noodles



Description of Noodle Types	Type of Cuisine Used in	Types of Dishes Used In	Preparation
Cellophane Noodles - Mung Bean Starch and Water (Also called bean thread, bean vermicelli, or slippery noodles)	Asian	Soups, Stir-fries, Deep-fry	Soak in hot (not boiling) water to soften
Egg Noodles - Egg, Wheat Flour, and Water	Asian	Soups Stir-fries	Fresh: Boil for 2 to 4 minutes Dried - Boil for 4 to 6 minutes

Rice Noodles - Rice Flour and Water	Asian	Soups, Stir-fries, Deep-fry	Soak in hot water to soften for 15 to 20 minutes
Rice Sticks - Thinner version of Rice Noodles	Asian	Soups, Stir-fries, Deep-fry	Soak in Hot Water to Soften for 15 to 20 minutes
Rice Papers - Rice Flour and Water	Asian	Spring Rolls Salad Rolls	Dip in Warm Water to soften Start rolling when firm like wax paper, tuck edge in with fingers to roll tight.
Buckwheat Noodles Soba Noodles	Asian	Yakisoba	Fresh 3-4 minutes Dried - Boil 7 minutes
Small decorative pasta*	European	Alphabet or stars in soup	Add to soup 10 minutes before serving.
Hollow pasta*	European	Penne,	Dried: Boil 9-11 minutes
Flat pasta*	European	lasagne	Dried: Boil 14 minutes
Long thin pasta*	European	Vermicelli, spaghetti, linguini	Dried: Boil 10 minutes

\*Whole wheat pasta takes longer to cook than refined pasta.

Directions	Helpful Hints
<ol style="list-style-type: none"> <li>1. Bring a large quantity of water to a rapid boil. Add salt and a little bit of oil if desired.</li> <li>2. Add dry pasta and stir until water returns to a boil.</li> <li>3. Cook, _____, according to directions on package. Set timer for cooking time to avoid overcooking.</li> <li>4. When pasta is cooked, pour into colander and drain well.</li> <li>5. If using pasta in salads or casseroles, rinse with cold water and drain well.</li> </ol>	<p>Pasta needs lots of water so pasta can move freely. Oil prevents _____ and _____. Salt adds flavour.</p> <p>_____ (stirring and boiling) will keep it from sticking together.</p> <p>Pasta should be _____ - firm and chewy, not soft and mushy!.</p> <p>Do not allow pasta to sit in the colander for a long period of time, it will stick together</p> <p>Cooling the pasta quickly stops it from cooking and sticking together.</p>

Note: Pasta can be \_\_\_\_\_ in the microwave. Do not cook pasta in the microwave because it takes too long due to large quantity of water needed (may also be messy due to boiling over).