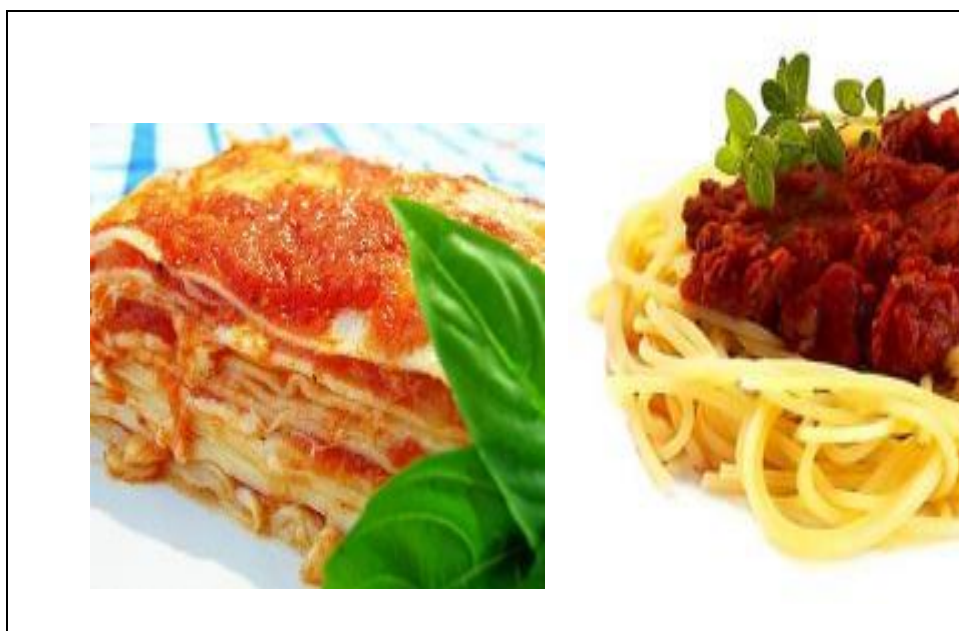


# **CULINARY ART**

## **LEVEL – II**

**Based on March, 2022, Curriculum Version 1**



**Module Title: - Preparing Farinaceous Dish**

**Module code: CST CUA2 M04 0322**

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## Introduction to the Module

In Culinary art, farinaceous dishes are much more appreciated, not only for their nutritional importance but also for the variety, flavor, eye appeal, and even elegance and sophistication they bring to the menu.

This module is designed to meet the industry requirement under the hotel occupational standard, particularly for the unit of competency: **Preparing Farinaceous Dishes.**

### This module covers the units:

- Selecting and Measure ingredients for farinaceous dishes
- Preparing farinaceous dishes
- Storing farinaceous

### Training Objective of the Module:

- Select and ingredients for farinaceous dishes
- Prepare farinaceous dishes
- Store farinaceous

### Module Instruction

For effective use this modules trainees are expected to follow the following module instruction:

1. Read the information written in each unit
2. Accomplish the Self-checks at the end of each unit
3. Perform Operation Sheets which were provided at the end of units
4. Do the “LAP test” giver at the end of each unit and
5. Read the identified reference book for Examples and exercise

## Unit one: Selecting ingredients for farinaceous dishes

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Identifying tool and equipment to prepare farinaceous dish
- Selecting and measuring ingredients for farinaceous dishes
- classifying of farinaceous products
- Estimating yields accurately for various farinaceous dishes
- Storing or handling ingredients

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:



- Identify tool and equipment to prepare farinaceous dish
- Select and measure ingredients for farinaceous dishes
- classify farinaceous products
- Estimate yields accurately for various farinaceous dishes
- Store or handle ingredients




## 1.1. Identifying tool and equipment to prepare farinaceous dish




The equipment needed to make fresh homemade pasta consists of fairly basic items. At a minimum you will need a work surface, measuring cups and spoons, rolling pin, knife, and your hands for mixing and kneading. In addition to these basic items, there are other tools that can make the process simpler and allow more options in the variety of pastas you can make. Some of these tools and a brief description of each are listed below

### 1.1.1. Tools and Equipment for Making Pasta




**Table 1.1 Equipment for Making Pasta Dough**





Equipment	Description
<b>Mixing Bowls</b> 	The bowls can be used for mixing the dough if preferred over mixing on a work surface.
<b>Pastry Board</b> 	A large wooden board used to mix the pasta dough. It provides a good work surface and is easy to clean.
<b>Pasta Rolling Pin</b>	A thin long wooden rolling pin that is tapered at the ends. The pasta rolling pin works well for rolling out pasta but it takes some practice to get proficient at using it. A regular heavy, wooden rolling pin can also be used.





	
<p><b>Flour Dredger or Sifter</b></p> 	<p>A dredger is a metal container with a cover that has small holes perforated in it. It is used for sprinkling a light coat of flour on the pasta while you are working with it. The flour sifter can be used in the same manner.</p>
<p><b>Pastry Scraper</b></p> 	<p>A thin stainless steel blade with a wooden handle used to scrape up dough that sticks to the work surface when working with pasta. The scrapers are sometimes made of plastic, rather than stainless steel.</p>
<p><b>Electric Mixer with Dough Hook</b></p>	<p>An electric mixer with a dough hook can be used to mix the pasta dough.</p>

	
<p><b>Food Processor</b></p> 	<p>The processor can be used to mix the pasta dough and it can also be used to puree or liquefy vegetables, herbs, and fruits for flavored pastas.</p>
<p><b>Hand-Cranked Pasta Machine/Roller</b></p> 	<p>A machine used to knead and roll the pasta dough. It also has cutting attachments used to cut different widths of pasta strands. The machine is run by a hand crank.</p>
<p><b>Hand-Cranked Extrusion Machine</b></p>	<p>A machine used to cut different shaped pasta. The machine has different die attachments to make different shapes. The machine is run by a hand crank.</p>



<b>Electric Extrusion Machine</b>	<p>A machine that mixes the pasta dough and extrudes pasta shapes and strands, depending on the type of die being used. The machine is electric and does not require hand-cranking.</p>
<b>Cutting/Chopping Board</b> 	<p>A wooden or hygienic nylon board used to protect the surface it is placed on when cutting or chopping food.</p>
<b>Pasta Wheels</b> 	<p>A device with a cutting wheel at one end that is used to cut pasta into strips. The edge of the wheel may be smooth or it may have a fluted edge to give the pasta a decorative edge when cutting it.</p>
<b>Pasta Rollers</b> 	<p>A device with a special type of roller at one end. It is available with a variety of rollers. The rollers are made for cutting different width strands of pasta, squares and circles.</p>
<b>Pasta Cutters</b>	<p>A device, similar to a cookie cutter that is used to cut circles of pasta for making stuffed pasta such as ravioli.</p>

	<p>They are available in different sizes and with smooth or fluted edges. If you have the appropriate size cookie cutter, that will also work.</p>
<p><b>Ravioli Rolling Pin</b></p> 	<p>A type of rolling pin that has indentations all around it the size of stuffed pasta squares. The rolling pin is used to mark out a sheet of pasta for making stuffed pasta squares. The squares on one side have stuffing added and then the other half is folded over to form the top layer. The squares are sealed around the edges and then slice apart into individual squares according to the markings from the rolling pin.</p>
<p><b>Ravioli Form Tray</b></p> 	<p>A tray that has square perforated cutouts for stuffed pasta. A sheet of pasta is laid on top of the tray, the stuffing is added to each individual pasta square and then the top layer of pasta is added. A rolling pin is rolled over the top layer, which seals the squares and cuts them apart by applying pressure, forcing the perforated dies on the ravioli tray to cut through the pasta dough.</p>
<p><b>Butter Paddle</b></p> 	<p>A wooden utensil that was traditionally used in making and processing butter. The paddle contains grooves on one side and is used to form ridges on the surface of some pastas when making them by hand. When forming specific pasta shapes, such as garganelli, the pasta is rolled over the grooves of the paddle and by applying pressure as it is rolled, ridges are formed on the surface</p>

	of the pasta.
<b>Pastry Brush</b> 	<p>The pastry brush can be used to moisten the edges of stuffed pasta before sealing it. It can also be used to brush off excess flour on the pasta.</p>
<b>Drying Rack</b> 	<p>A rack used to hang round or flat strands of pasta on to allow the pasta to dry thoroughly for storage.</p>
<b>Peelers and Slicers</b> 	<p>Utensils used to shave Parmesan and other hard cheeses. They can also be used on other ingredients used to prepare pasta sauces, such as vegetables.</p>
<b>Knives of Various Sizes</b> 	<p>Various size knives may be needed for different purposes. They can be used for cutting pasta and they can also be used to chop, dice and mince other ingredients that will be used in the pasta, in the pasta sauce or pasta dish.</p>

### Graters



There are various types of graters available. They are used to grate Parmesan and other hard cheeses. They can also be used to grate other ingredients such as nutmeg.

### Mortar and Pestle



Tools used to pound ingredients, such as herbs, garlic, peppercorns, salt, and walnuts. The mortar and pestle are tools traditionally used to pound ingredients together to make pesto sauce.





### 1 Colander







Tool used to remove your pasta from the water/ to drain pasta

### 2 Wooden spoon

Tools used for stirring the pasta during cooking,

	<p>and also to avoid the pasta from to stick together</p>
<p><b>3. Tongs</b></p> 	<p>Used picking up pasta mid-cooking process to check for doneness, but they're also the best way to plate up long pasta like spaghetti</p>
<p><b>4. Olive oil</b></p> 	<p>To add a splash of oil to your cooking water. It will not only help to prevent the pasta from sticking together but will also add certain richness to it.</p>
	<p>Tools used to cook pasta</p>

<p><b>6.Salt</b></p> 	<p>Adding salt to your water is just as non-negotiable. If you skip seasoning the water, your pasta will not absorb the flavor of your sauce</p>
<p><b>7. Pasta Spoon</b></p> 	<p>This piece of equipment may sound extra fancy. It's also handy for pulling pieces out of the water to taste for doneness.</p>
<p><b>8. Fox Run Spaghetti Measure</b></p> 	<p>Measure out perfect portions of spaghetti noodles It comes with four separate measurements to avoid cooking too much or too little</p> <p>This spaghetti measure is plastic in form and very easy to clean and store</p> <p>Great gift idea; Perfect addition to any kitchen</p>

<p>9. Digital kitchen past scale</p> 	<p>Removable bowl work both as kitchen scale and postal scale Tare Feature simple 2-key operation, batteries included</p>
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## 1.2. Selecting and measuring ingredients for farinaceous dishes

### A. Select ingredients for farinaceous dishes

A farinaceous product contains flour or is high in starch. It has a high carbohydrate content as much energy as protein and less calories than fat. They are a favourite food of athletes. Therefore, farinaceous products are described as being starchy and they form an important part of our diet as they are the main source of carbohydrate intake.

#### What are farinaceous products?

- ✓ Pasta
- ✓ Macaroni
- ✓ Rice
- ✓ Noodles

### B. Measuring ingredients for farinaceous dishes

If you're feeling uncertain about how to use measuring tools to measure spaghetti and other pastas, you should be. Measuring cups are not ideal for pasta in its dry, uncooked form. Dry measuring cups will work for short dry pasta shapes like elbows and orzo, but other shapes are too large or will leave large air holes based on how they land in the cup. Your best bet is to use a kitchen scale to get the dried pasta's weight (especially for spaghetti, angel hair, and other long



pastas). Most recipes will list a weight and approximate cup amount to make cooking as easy as possible.

**Noodles** One pound (450 g) uncooked dried pasta yields about 3 pounds (1.4 kg) cooked pasta. This is enough for four to six main-course portions or eight to ten side-dish or first-course portions. One pound (450 g) uncooked fresh pasta yields 2 to 2 1/2 pounds (900 to 1100 g) cooked pasta

- Allow 10g (1/2 oz) pasta per portion as a garnish
- Allow 25-50gm (1-2 oz) pasta per portion of a main course

**Table 1.3: how much Pasta to cook**

Type	First course	Main meal
Fresh pasta	60 g – 70 gm	75 g – 100 gm
Dried pasta	75 g – 100 gm	125 g – 155 gm
Filled pasta	155 g – 185 gm	185 – 200 gm

### 1.2.1. Classifying farinaceous Products

#### A. Types of Pasta

Pasta can be classified into two type

- Dried pasta
- Fresh home made

#### A. Dried Pasta: -

It 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, high-protein flour from the inner part of durum wheat. Specialty pastas include ingredients in addition to semolina and water. Whole wheat pasta may be made with all whole wheat flour or a mixture of semolina and whole wheat.



It is available in at least 56 different shapes each of which has a name and which are widely used because of the convenience and the fact that the shelf life is up to 2 years if it is correctly stored.

### **B. Fresh Pasta: -**

It is more and more readily available in a variety of shapes, colors and flavors from suppliers and there are machines for those who wish to produce their own pasta.

Pasta can be served for lunch, dinner, supper or as a snack meal and also used as an accompaniment or garnish to other dishes. Traditionally Pasta is cooked “Andante” which means “firm to the bite”

#### **1.2.2. Classification Types of pasta**

There are more than 600 pasta shapes worldwide. Here are some common types

**Polenta:-** is a dish of boiled cornmeal that was historically made from other grains. The dish comes from Italy. It may be served as a hot porridge, or it may be allowed to cool and solidify into a loaf that can be baked, fried, or grilled.



Fig1.1 polenta

**Semolina pasta** is simply pasta made from Semolina flour. Semolina flour is a type of flour made from Durum wheat, or other “hard” wheat’s. Durum wheat is considered a “hard” type, which creates coarse flour when it's milled. This coarse flour is Semolina, and it's used to create Semolina Pasta.



Fig1.2 Semolina pasta

**Couscous:-** looks like a grain, it's technically a pasta – it's made with semolina flour from durum wheat, mixed with water. There are three different types of couscous: Moroccan, which is the smallest; Israeli or pearl couscous, about the size of peppercorns; and Lebanese, the largest of the three.

Couscous is often considered a healthy alternative to pasta since it's made from whole-wheat flour. Other types of pasta are typically more refined. Properly cooked, couscous is light and fluffy. What's more, it tends to take on the flavor of other ingredients, making it very versatile



Fig 1.3 Couscous

**Spaezle:-** is a type of pasta or dumpling made with eggs, typically serving as a side for meat dishes with gravy. Commonly associated with Swabia, it is also found in the cuisines of southern Germany and Austria, Switzerland, Hungary and Slovenia



**Fig 1.4** Spaezle

**Italian Baked Cannelloni** This is a very special old Italian dish that warms your stomach, as well as your heart. It is a labor of love, but worth every bite! You can also use half ground beef, half ground pork in the filling



**Fig 1.5** Cannelloni

**Gnocchi:-** is a varied family of dumpling in Italian cuisine. They are made of small lumps of dough most traditionally composed of a simple combination of wheat flour, egg, salt, and potato.



Fig 1.6 Gnocchi

**Gnocchi Parisienne:-**This gnocchi Parisienne recipe is flavoured with lemon, butter and parsley for a light and delicate finish. This French version of gnocchi uses choux pastry as a base, and is very simple to pull off at home.



Fig 1.7 Gnocchi parisienne

**Gnocchi Piemontese:-**They are pretty easy to make, one just needs a little patience and good products. The potatoes of course are paramount as if the potatoes are not good, then the Gnocchi won't turn out right. I always use potatoes that cook "floury" so they are usually grown towards



the end of the season and are rather big. So the starch in them is perfect. If they are too young then the starch turns out like glue after mashing the potatoes.



Fig 1.8 Gnocchi Piemontese

**Annelid-** Anelli means ‘rings.’



Fig1.9 Anelli

**Penne-** Medium length tubes with ridges, cut diagonally at both ends



Fig 1.10 penne

### **Lasagne-**

- Very wide noodles that often have fluted edges
- Three-edged spirals, usually in mixed colors
- Many vendors and brands sold as fusilli are two-edged
- Made from twisted spaghetti



Fig 1.11 -Lasagne

### **Spaghetti-Long, slender, solid strings of pasta**



Fig1.12 Spaghetti

### **Tagliatelle- Ribbon – thinner than fettuccine**



Fig1.13 Tagliatelle

### **Linguine- Linguine means ‘small tongues**



Fig.1.14 Linguine

**Ravioli** -Square. About 3x3 cm, stuffed with cheese, ground meat, puréed vegetables or mixtures thereof



Fig1.15 Ravioli

**Where are farinaceous products found on a menu?**

- Soups
- Appetiser
- Entrée
- As an accompaniment to a main course
- Main course
- Dessert.

### 1.2.3. Types of rice

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

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

#### **A. Brown rice**

Only the outer husk has been removed, leaving the endosperm and bran intact. It has a characteristic beige colour, is rich in calcium, protein, fibre niacin potassium, and vitamin B & E. It is also known as husked or whole rice. It takes usually twice as long to cook as white rice



Fig.1.16 Brown rice

**White rice** Available in several forms: unpolished, polished, regular milled white, parboiled, precooked, and steam treated.

Basically brown rice treated by removal of the outer layers (germ & pericarp) of the grain with machinery (unpolished). By removing any flour still on the grain (polished).



Fig.1.16 White rice

**Wild rice:-**Two varieties originate in North America. It is considered to be the caviar of the grains and has a very distinctive taste, texture and aroma. It is ideal with game dishes. It lends itself as a colour enhancer on a plated dish. It has a long grain thin, pointy and black in appearance.





Fig.1.17 Wild rice

**Basmati rice** Imported from India and Pakistan, it has silky curved grains with a nutty flavour and spongy texture, and is used mainly in pilaf's (Sweet with fruit, nuts) and Indian dishes. It has a long grain slightly pointed, curved and slender (Sun long-Australian variety).

**Paddy rice:-**Unhooked rice in its raw state, with no further treatment after threshing (contains 20 – 25% moisture).

### 1.3. Estimating yields accurately for various farinaceous dishes

#### • Yield

Yield in culinary terms refers to how much you will have of a finished or processed product. Professional recipes should always state a yield; for example, a tomato soup recipe may yield 15 L, and a muffin recipe may yield 24 muffins. Yield can also refer to the amount of usable product after it has been processed (peeled, cooked, etc.)

For example, you may be preparing a recipe for carrot soup. The recipe requires 1 kg of carrots, which you purchase. However, once you have peeled them and removed the tops and tips, you may only have 800 grams of carrots left to use. In order to do accurate costing, yield testing must be carried out on all ingredients and recipes. When looking at yields, you must always consider the losses and waste involved in preparation and cooking. There is always a money value that is attached to vegetable peel, meat and fish trim, and packaging like brines and syrups. Any waste or loss has been paid for and is still money that has been spent. This cost must always be included in the menu price.

All products must be measured and yield tested before costing a menu. Ideally, every item on a menu should be yield tested before being processed. Most big establishments will have this information on file.

## **1.4. Handling Ingredients**

### **A. Storing Dried Farinaceous Ingredients**

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.

#### **1.4.1. Fresh pasta**

Fresh pasta is made on a daily basis and needs to be kept chilled until required to be cooked. It can be hung on rods to semi dry and here there needs to be good air flow to keep pasta from sticking. Or Fresh pasta needs to be kept on separate trays and in single layers so it does not become compacted and stick together.

<b>Self check1</b>	<b>Written Test</b>
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Name: \_\_\_\_\_ ID \_\_\_\_\_

Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page

### Part I

1. Write the steps/ procedures for cooking pasta? (4 points)

### Part II

**Direction:** Choose the best answer for the following (each 2 points)

1. For main course allow \_\_\_\_\_pasta per portion

A. 50-60g C. 100-125g

B. 50-100g D. 10g

2. Pasta is made from a mixture of

A. Water C. Egg

B. Oil D. All of the above

3. Nutritionally pasta contains

A. Protein and carbohydrates

B. Minerals and protein

C. Vitamins and carbohydrates

D. All of the above

4. Pasta is traditionally not cooked

A. At al dente stage

C. Soft to the bite

B. Firm to the bite

D. A and B are answer

5. Pasta is not served as (2 points)

A. Breakfast

C. Supper & dinner

B. Lunch & dinner

D. All of the above

6. Macaroni products should be not

A. Look for a good yellow color

- B. Look grey white
- C. When cooked it should be firm
- D. A & B

## Part II

### Directions: Fill the black Space

2. -----can be used for mixing the dough if preferred over mixing on a work surface?
3. -----A tray that has square perforated cutouts for stuffed pasta?
4. -----A wooden utensil that was traditionally used in making and processing butter?

## Part III

### Directions: Give short answer for the following

1. Write the two main types of pasta.

A. \_\_\_\_\_

B. \_\_\_\_\_

2. Write at list five types equipment needed to make fresh homemade pasta?

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_

## Unit Two: Preparing farinaceous dishes

This unit to provide you the necessary information regarding the following content coverage and topics:

- Selecting & Preparing Variety of Farinaceous Dishes
- Selecting sauces and accompaniments for farinaceous food
- Solving problems in relation to cook farinaceous food

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Select & Prepare variety of Farinaceous Dishes
- Select sauces and accompaniments for farinaceous food
- Solve problems in relation to cooking, presenting, and shortage of commodities for farinaceous dish

## 2.1. Selecting & Preparing Variety of Farinaceous Dishes

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

Formula for pasta seems oh-so-obvious. Water + pasta = dinner — right. But sometimes the supposedly simplest things prove to be the trickiest. It turns out the window for pasta perfection — not stuck together, and neither mushy nor hard in the center — is slim.

### 2.1.1. Cooking Pasta

1. Always cook in plenty of gently boiling salted water.
2. Stir to the boil does not overcook.
3. If not to be used immediately, refresh and reheat carefully in hot salted water when required. Drain well in a colander.
4. With most pasta, grated cheese (parmesan should be served separately)
5. Allow 10 gm pasta per portion as a garnish.
6. Allow 100gm pasta per portion for a main course
7. When cooking fresh pasta add a little oil to the water to prevent the pasta sticking

#### • 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 to steam table pan and toss with oil to prevent sticking.
4. Hold for up to 30 minutes.

#### • Testing Doneness

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 dentate 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 the package 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 has returned to a boil

- **General points on pastas**

1. Always cook in plenty of gently boiling salt water
  2. Stir to the boil. Do not over cook
  3. It not to be used immediately, refresh and re heat care-fully in hot salt water when required drain well in a colander
  4. With most pasta grated cheese (preferably parmesan) should be served separately
- Allow 10g (½ oz) pasta per portion as a garnish
- Allow 25-50gm (1-2 oz) pasta per portion of a main course

### 2.1.2. Cooking Rice

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

#### A. 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 rice, 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. This method is called the pasta method because the item is cooked in a large quantity of water and drained. This method is good for producing separate, unstuck grains. However, some nutrients are

Method/Procedure for Simmering Rice

1. For whole rice, 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.

### **B. The Pilaf Method**

The pilaf method is equivalent to braising. The rice is first sautéed in fat, then cooked in liquid—preferably in the oven for uniform heating—until the liquid is absorbed. The fat helps keep the grains separate and adds flavor. 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 liter weighs about 875 grams, or 1 kilogram measures 1.15 liters). 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.

*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 3/4 times is the normal proportion long-grain rice). For example, use 2 pints liquid per pint of rice if you desire a moister product or if you are using parboiled rice. Use 1 1/2 pints liquid if you desire a drier product and if your cover is tight enough



to retain most of the steam

### **C. 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 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 farotto and orzo.

- **Procedure for Cooking Rice 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.



Fig.1.14 Risotto

- **Tips for Safe Production of Fried Rice and Cold Noodles**

In some production process of fried rice and cold noodles, rice and noodles are cooked, cooled and hold for a period of time before further processing or consumption. Plan the production schedule ahead can avoid cooking food too far in advance. To ensure food safety, special attention should be paid in producing fried rice

## **2.2. Selecting sauces and accompaniments for farinaceous food**

A sauce may be defined as a flavorful liquid, usually thickened, that is used to season, flavor, and enhance other foods As the selection for farinaceous menu items exist, so do the sauces that may be used. Sauces are used to add moisture to a dish and also add flavor

### **2.2.1. Sauces for pasta**

Sauces for pasta may include the following categories.

- Starch thickened béchamel or veloute
- Cream reduction
- Butter Glaze.
- Tomato sauce
- Starch thickened

**Béchamel** can be enriched with cream and cheese as well as flavoured to suit the vegetable that is being served. For example a cauliflower and cheese sauce.

**Veloute** can also be used but these are made from animal based stocks so discretion needs to be applied when deciding to use stock as a base for a sauce due to cultural and lifestyle choices to which a customer may be adhering.

**Cream reduction** is just a flavour base placed into a cream then brought to the boil and simmered until it will bond to the outside of the vegetable.

**Butter glaze** is classical method use for many years. As the vegetable comes out the boiling water it is drained and tossed into butter that is in a hot frypan:

Pasta is used a filler. This is the bulk of the meal that is used to satisfy the hunger in a person.

The texture of the pasta is an important element in the eating as it needs to have a satisfying mouth feel to the customer; not too tough, not too soggy and overcooked.

The sauce is where the flavour is to be found. The flavour of the sauce is where the decision is made as to “was it good or was it terrible dish?”

#### **Italian bases for sauces:**

Olive oil

Tomato

Cream

Meat

These are base sauce to which flavouring elements would be added:

**Olive oil;** Simplest can be boiled pasta tossed in some slightly warm olive oil that has had some garlic gently cooked with cracked black pepper and freshly chopped parsley tossed in at the last minutes. Grated parmesan cheese grated over top

**Tomato based** sauces are classical Italian fare. This is the base of a large majority of sauces with which pasta is served

**Cream** is used mainly in the north of Italy as this is where dairy herds were found in the cooler climates. Also where the classic parmesan cheese originated

**Meat sauce** can also be used as a sauce for pasta; classical Bolognese.

Naturally all sauces will have aromatics added to enhance the flavour of the sauce. Variations to these base sauces are endless. Noodles are the equivalent of pasta but are synonymous from Asia. Asian noodles can be rice or flour based.

Remember, farinaceous is about starch. Rice has more starch than wheat flour

### 2.2.2. Garnishes

A garnish is classified as a part of a dish that provides decoration. A decoration is sometime that is meant to 'catch the eye' as well as add flavour and interest to the dish. A garnish is an item or substance used as a decoration In many cases, it may give added or contrasting flavor. Some garnishes are selected mainly to augment the visual impact of the plate, while others are selected specifically for the flavor they may impart. This is in contrast to a condiment, a prepared sauce added to another food item primarily for its flavor. A food item which is served with garnish may be described as being garni, the French term for "garnished.

Herbs like parsley, basil, thyme and rosemary are among the most common garnishes because they are fresh and often brighten a dish or cut through rich, dense flavor palates. Other ingredients that can be used as garnishes include slices of citrus like lemon, lime or orange. Edible flowers and leafy greens also make good garnishes because they fill the plate and add color

Some of the food items used to garnish pasta are:-

- Green salad
- Cucumber salad
- Caesar salad
- Tomato salad
- Grilled Zucchini salad
- Roasted vegetables
- Roasted cauliflower salad
- Garlic broccoli
- Slow cooked kale
- Photopia with onion toast and others





## 4.1. Operation Sheet \$ 2 Preparing farinaceous dishes

### Recipes of Farinaceous Dishes

#### 2.1 Noodles/ Egg pasta

##### Ingredients:

- 100g flour
- 1 tea spoon olive or other vegetable oil
- 1 egg and 1 egg yolk
- Salt

##### Method/Procedures

-Noodles are usually bought ready prepared but may be made as follows

1. Sieve the flour and salt make a well
2. Add oil and eggs mix to dough
3. Knead well till smooth leave to rest
4. Roll out to thin rectangle 45cmX15cm (19in X6 in)
5. Cut in top 1/2 cm (1/4 in) strips leave to dry

**Note:** - for whole Mel noodles use 50g wholemeal flour and 50g strong flour

\*Semolina is a good dusting agent to use when handling this paste.

-The noodles are cooked in the same ways as spaghetti and may be

Served as for any of the spaghetti recipes

#### 2.2. Spaghetti with Tomato Sauce

##### Ingredients:

- 100 gm spaghetti
- 25 gm butter
- 250 ml tomato sauce
- Salt & mill pepper
- 100 gm tomato concassee

##### Method/Procedure:-

1. Plunge the spaghetti in to sauce pan containing plenty of boiling salted water. allow to boil gently
2. Stir occasionally with a wooden spoon cook according to packets instructions

3. Drain well in colander return to a clean ,dry pan mix in the butter add tomato sauce correct the seasoning
4. Add tomato concasse & serve with grated cheese

### 2.3 Spaghetti Milanaise

- 100gm spaghetti
- 25 gm butter
- 125 ml tomato sauce
- 25 gm ham, tongue & cooked mushroom (julienne)
- Salt & pepper

#### Methods/Procedure:

1. Plunge the spaghetti into boiling salted water
2. Allow to boil gently. stir occasionally with wooden spoon
3. Cook according to packet instructions drain well
4. Return to a clean pan containing the butter add tomato sauce
5. Correct the seasoning add julienne of ham, tongue, & mushroom & mix in carefully ,then serve with grated cheese

### 2.4. Spaghetti Bolognaise

#### Ingredients

- 25gm butter
- 50gm chopped onion
- 1clove garlic, chopped 1
- 100 gm lean minced beef
- 125 ml dame-glaze
- 1tbs tomato puree
- Oregano
- 100gm diced mushroom
- Salt &mill pepper
- 100 gm boiled spaghetti

#### Method /Procedure

1. Add 10 gm butter in sauté use
2. Add the chopped onion & garlic & cook for 4-5 min without color



3. Add the beef & cook , coloring lightly
4. Add jus-lie or demi-glace ,the tomato puree & the herbs
5. Simmer till tender
6. Add the mushrooms & simmer for 5 minutes then correct the seasoning
7. Return to clean pan congaing 10 gm butter toss the spaghetti
8. Serve in plate with the sauce in the center of the spaghetti
9. Serve grated cheese separately

### 2.5. Noodles with Butter

#### Ingredients:

- 100 gm noodles
- 50gm Butter or margarine
- seasoning salt, mill pepper
- seasoning nutmeg

#### Methods/procedure

1. Cook noodles in plenty of gently boiling salted water.
2. Drain well in a colander and return to the pan.
3. Add the seasoning and butter & toss carefully until mixed.
4. Correct the seasoning and serve.

### 2.6 Macaroni cheese (macaroni au gratin)

#### Ingredients:

- 100g macaroni
- 25g butter/ oil
- 100gr grated cheese
- 500ml thin béchamel
- 1/2 tea spoon diluted mustard
- Seasoning

#### Method/Procedure

1. Plunge the macaroni in to a sauce pan containing plenty of Boiling salted water

2. Allow to boil gently and stir occasionally with wooden spoon. 3. Cook for approximately 15 min and drain well in a colander
  4. Return to a clean pan containing the butter
  5. Mix with half the cheese and add the béchamel and mustard
  6. Place in an earthenware dish and sprinkle with the remainder of the cheese
  7. Brown lightly under the salamander and serve
- Macaroni may also be prepared and served as for any of the spaghetti dishes

## 2.7. Spaghetti with Vegetables

### Ingredients:

- 100gm boiled spaghetti
- 25 gm onion
- 1 Clove garlic
- 25 gm carrot
- 25 gm mushroom
- 25gm baby marrow
- 25gm broccoli
- 25 gm cauliflower
- 25gm Red pimento
- 25ml tomato sauce
- 25 ml oil

### Method /Procedure

1. Wash the vegetables slice the mushrooms peel the carrots ,cut into fine julienne wash cauliflower & broccoli & cut in to florets top & tail French beans, cut in halves wash & julienne the pimento strip the marrow blanch the broccoli ,cauliflower ,marrow, carrot ,French beans the green vegetables may be quickly blanched & refreshed to retain color
2. Heat the oil in a wok or frying pan add the onion & garlic cook for 2-3 min & add all the vegetables fry & continuously stir for approx 3mins
3. Add the tomato sauce stir well correct the seasoning

4. Mix in with the spaghetti carefully & serve

## 2.8. Spaghetti Carbonara

**Carbonara** is an Italian pasta dish Rome based on eggs, cheese, bacon, cream, & black pepper

### Ingredients:

- 300 gm spaghetti
- 1 clove chopped garlic
- egg yolks
- 5g grated cheese (parmesan)
- 175gm smoked bacon cut into strips
- 25ml oil
- 4tbs double cream ( optional )
- Salt & black pepper
- Chopped parsley

### Method/Procedure

1. Heat the oil in a saucepan ,add the bacon & cook gently for 3min .add the garlic cook for 1 min
2. Bring a large sauce pan of water to boil & cook the spaghetti according to packet instructions, until just tender
3. Drain & return the spaghetti to the pan
4. Beat the cream & yolk together in a bowl, add to the bacon & cook well over a low heat

## 2.9 Lasagna

### Ingredients:

- 200gm lasagna sheet
- 50ml oil
- 100gm chopped onion
- 50g chopped carrot
- 50gm celery
- 200 gm mice beef

- 50 gm tomato puree
- 375ml jus-lie or demi –glace
- 1 clove garlic
- Salt, pepper
- Oregano
- Rosemary
- 100gm sliced mushrooms
- 250ml béchamel
- 25gm grated cheese

### **Method /Procedure**

#### **To prepare the lasagna**

1. Prepare the noodle paste roll out 1mm thick cut into 6cm square
2. Allow to rest in a cool place dry slightly on a cloth dusted with flour
3. Cook in gently simmering water for about 3-5 min
4. When using ready bought lasagna cook for about 10 min

#### **To make the meat sauce**

5. Heat the oil in the pan add the onion, carrot, celery & cook for 5min
6. Add the minced beef increase the heat & stir until lightly brown
7. Add the fresh tomato cook for 5 min & remove from the heat & add the tomato puree
8. Return to the heat mix in jus -lei or demi-glace stir to boil
9. Add garlic ,salt, pepper oregano & rosemary simmer for 15 min mix in the mushroom re-boil for 2min & remove from the heat

#### **To make the béchamel sauce**

10. Melt 25 gm butter in a thick bottomed pan add 25 gm flour & mix in
11. Cook for a few min over a gentle heat without coloring remove from the heat to cool the roux
12. Gradually add the warm milk which is prepared with studded onion stir till smooth
13. Allow to simmer for 30 min remove the studded onion pass through strainer season with salt & nutmeg

#### **To assemble the lasagna**

14. Butter an oven proof dish cover the bottom with the layer of meat sauce

15. Add the layer of lasagna cover with meat sauce
16. Add another layer of lasagna cover with the reminder of the meat sauce
17. Cover with the béchamel
18. Sprinkle with the cheese cover with a lid or foil & place in moderate hot oven 180<sup>0</sup>c approx 20 min
19. Remove the lid & cook for 15 min approx serve

## 2.10 RAVIOLI

Ravioli are small envelops of a noodle type paste filed with a verity of stuffing's e.g. beef chicken, veal, spinach, cheese etc...

### Ingredients:

- 200 gm flour
- Salt
- 35ml olive oil
- 105 ml water

### Method /Procedure

1. Sieve flour & salt make a well add the liquid
2. Knead to smooth dough .rest for at least ½ hr in cool place
3. Roll out to a very thin oblong 30cmx45cm .cut in ½ & egg wash
4. Place the stuffing in a piping bag with a large plain tube
5. Pipe out the filling in small pieces about the size of cherry approx 4 cm apart one half of the paste
6. Carefully cover with the other half of the paste ,seal ,taking care to avoid air pockets
7. Mark each with the back of plain cutter or fork

## 2.11 Macaroni mousse

### Ingredients:

- 200g macaroni                      1 sweet green pepper chopped
- 125 ml milk                              50g chopped onion
- 25 butter                                  50g grated cheese
- 2 beaten eggs                              25g bread crumbs

### Method /Procedure

1. Cook the macaroni in salted boiling water for 15 min
2. Drain well in a colander and refresh
3. Cook the onion lightly with butter in sauce pan
4. Mix macaroni, milk, onion, egg, cheese, green, pepper, bread crumb  
And season
5. Mix well until blend
6. Baked in a glazed baked tray until firm amount 40 min
7. Turn out on a serving plate and with creamed mushroom

### 2.12 Rice pilaf (braised rice)

#### Ingredient:

- 50 g 20 z butter
- 25g 10z chopped onion
- 100g 40z rice (long grain) white or brown
- 200ml approx. 3/8 white stock (preferably chicken)
- Salt, mill pepper

#### Method /Procedure

1. Place 25g (10z) butter in a small sauté use add the onion
2. Cook gently with-out coloring 2-3 min add the rice
3. Cook gently without coloring 2-3 min
4. Add twice the amount of stock to rice
5. Season cover with buttered paper bring to the boil
6. Place in a hot over 230C0-25000 approx. 15 min until cooked
7. Remove immediately in to a cool sauté use
8. Carefully mix in the remaining butter with a two pronged fork
9. Correct the seasoning and serve

### 2.13. Baked pasta al frnol

#### Ingredients:

- 100 gm pasta
- 125 ml béchamel
- 125 ml bolognaise sauce

- 1 paces egg
- 50gr grated cheese
- Seasoning

#### **Method /Procedure**

1. Cook the pasta andante
2. Grease baking tray with butter/ oil
3. Mix pasta, egg, sauce and little cheese to bind
4. Spread to greased tray level and sprinkle the cheese
5. Bake in moderately hot oven 180 °C for 20-30 mint

#### **2.14. Plain boiled rice**

##### **Ingredient:**

- 100 gm Rice (Long grain)
- 1 ½ liter Water
- To taste Salt

##### **Method/Procedure**

1. Pick and wash the long grain rice. Add to plenty of boiling salted water.
2. Stir to the boil and simmer gently till tender, for approximately 12 – 15 minutes.
3. Wash well under running water, drain and place on a sieve and cover with a cloth.
4. Place on a tray in a moderate oven or in the hot plate until hot.
5. Serve in vegetable dish separately.

#### **1.15 Steamed Rice**

1. Place the washed rice in to a sauce pan and add water until the water level is 2.5cm (1 inch) above the rice.
2. Bring to the boil over a fierce heat until most of the water has evaporated.
3. Turn the heat down as low as possible, cover the pan with a lid and allow the rice to complete cooking in the steam.
4. Once cooked, the rice should be allowed to stand in the covered steamer for 10 minutes.

#### **1.16. Risoto**

##### **Ingredients:**

- 25gm Chopped onion
- 50gm Butter or oil



- 100gm Rice (short grain or brown)
- 185 ml
- White stock (chicken)
- 25 gm Grated parmesan cheese
- to taste Salt, mill pepper

## PROCEDURE

1. Melt the butter or oil in a small sauté use.
2. Add the chopped onion cook gently wit out color for 2-3 minutes.
3. Add the rice without color for 2-3 minutes. Add the stock season lightly.
4. Cover with a lid. Allow to simmer on the side of the stove.
5. Stir frequently and if necessary, add more stock until the rice is cooked.
6. When cooked all the stock should have been absorbed in to the rice and evaporated; a risotto should be moist than pilaf.
7. Finally mix in the cheese with a two prolonged fork, correct the seasoning and serve.

Note: - risotto is a traditional Italian dish for which Arborio or carnarolli rice is generally used.

### 2.17 Rice and Pea Risotto

#### Ingredients:

- 6 tbsp butter
- ¼ C finely chopped onion
- 1 1/4C Rice, uncooked
- 4 1/2C Chicken broth, heated
- cup pea Fresh
- Salt and pepper to taste
- 1 tbsp finely chopped fresh parsley
- 1/2C Grated Parmesan cheese

#### Procedure

1. Heat 4 tbsp. of the butter in a large saucepan over medium heat. When it is sizzling, stir in onion, reduce heat to low, and cook, stirring constantly, for 5 minutes.
2. Add rice and cook, stirring occasionally, until the rice is no longer see-through.
3. Add 1/2 c. of the broth and cook, stirring, for about 2 minutes.

4. Add peas, 2 c. of broth, salt, and pepper. Cover, raise heat to high, and bring to a boil. Reduce heat to medium and cook, stirring occasionally with a fork, until all of the broth is absorbed.
5. Add 1 c. of broth. When this is absorbed, add the last of the broth and cook until the rice and peas are tender (probably about 15 to 20 minutes)
6. Add parsley, Parmesan cheese, and the remaining butter. Mix lightly and serve immediately in soup bowls.

## 2.18 Spaghetti with Vegetable Sauce

### Ingredients:

- 400 grams spaghetti
- 350 grams tomatoes
- 1 onion
- 1 zucchini
- 2 garlic cloves
- 1 tbsps olive oil
- 2 sprigs fresh basil
- 80 grams parmesan (piece)
- Salt
- Pepper

### Procedure

1. Peel garlic and onion and finely chop. Heat the olive oil and sauté garlic and onion until soft.
2. Blanch tomatoes in hot water, rinse with cold water, peel, quarter and remove the seeds. Finely chop tomatoes and finely dice zucchini. Add to garlic and onion and simmer for 15 minutes over low heat. Season with salt and pepper.
3. Cook spaghetti according to package instructions, drain and mix with the tomato sauce.
4. Pluck basil leaves, cut half into thin strips and mix with the spaghetti. Sprinkle the whole basil leaves over the spaghetti. Shave Parmesan cheese over the top and season with freshly ground pepper.

## 2.19 Gratinated Macaroni

### Ingredients:

- quarts whole milk
- garlic cloves, lightly crushed
- 1 tablespoon unsalted butter
- 1 tablespoon all-purpose flour
- Fine sea salt
- Freshly ground white pepper
- Freshly grated nutmeg
- 3/4 cup heavy cream
- 3/4 pound ridged penne pasta
- trays of ice cubes
- 1 cup freshly grated imported Gruyère cheese (3 1/2 ounces)
- 2 tablespoons minced chives

### Procedure

1. In a large saucepan, combine the milk and garlic. Warm the milk over high heat until bubbles appear around the edge. Remove from the heat, cover and let steep for 10 minutes. Remove and discard the garlic. Measure out 1 cup of milk and reserve; set aside the rest.
2. In a small saucepan, melt the butter over moderate heat. Whisk in the flour and cook, stirring constantly, without browning, for 1 minute. Remove the saucepan from the heat and gradually whisk in the reserved 1 cup of milk, stirring constantly, until the sauce is completely smooth. Season with a large pinch of salt and generous gratings of white pepper and nutmeg. Return the pan to low heat and cook the sauce, whisking constantly, until it's thick, about 5 minutes. Remove from the heat, let cool slightly and stir in the heavy cream. Season with salt.
3. Preheat the oven to 500°. Add 1/4 cup of salt to the remaining milk and bring back to a simmer. Add the pasta and cook, stirring, over moderately high heat so the milk is just simmering, until al dente, about 10 minutes. Remove the saucepan from the heat and add

the ice cubes to stop the cooking. Once all of the ice cubes have melted, drain the pasta in a colander and transfer to a large bowl.

4. Add the white sauce to the pasta and toss to coat. Transfer the mixture to a buttered 9-by13-inch gratin dish. Sprinkle the cheese all over the top and bake for about 10 minutes, or until bubbling around the edges. Turn on the broiler and broil, rotating the dish, until the cheese is golden, 2 to 3 minutes. Let the gratin stand for 5 minutes, then season generously with white pepper, garnish with the chives and serve.

## 2.20. Polenta

### Ingredients

- cups water
- 1 teaspoon fine salt
- 1 cup polenta
- tablespoons butter, divided
- ½ cup freshly grated Parmigiano-Reggiano cheese, plus more for garnish

### Methods/Procedure

1. Bring water and salt to a boil in a large saucepan; pour polenta slowly into boiling water, whisking constantly until there are no lumps.
2. Reduce heat to low and simmer, whisking often, until polenta starts to thicken, about 5 minutes. Polenta mixture should still be slightly loose. Cover and cook for 30 minutes, whisking every 5 to 6 minutes. When polenta is too thick to whisk, stir with a wooden spoon. Polenta is done when texture is creamy and the individual grains are tender
3. Turn off heat and gently stir 2 tablespoons butter into polenta until butter partially melts; mix 1/2 cup Parmigiano-Reggiano cheese into polenta until cheese has melted. Cover and let stand for 5 minutes to thicken.
4. Stir polenta and transfer to a serving bowl. Top polenta with remaining 1 tablespoon butter and about 1 tablespoon freshly grated Parmigiano-Reggiano cheese for garnish.

## 2.21. Semolina pasta

### Ingredients:

- 400 grams Semolina flour (14.1 oz) plus more for rolling the dough
- large eggs lightly beaten, preferably organic and free range
- 1/2 teaspoon fine sea salt

## Methods'/Procedure

1. Put the flour on a well-cleaned kitchen counter and form it into the shape of a nest.
2. In the well in the center of the flour, add the lightly beaten eggs and the salt.
3. Start blending the mixture together with a fork, slowly adding the flour from the outer edges of the nest into the center until all of it is well incorporated.
4. After the flour-egg mixture is completely incorporated, cover the counter and your hands with a sprinkling of flour. Knead the dough for approximately 15 minutes until it is about the consistency of modeling clay.
5. Form the dough into a ball and wrap with plastic wrap and chill for around 30 minutes in the refrigerator.
6. After chilling, plop the dough onto a clean surface dusted with semolina flour (again, to prevent sticking) and divide it into two even pieces.
7. Sprinkle more flour on your counter and on a rolling pin. Flatten the dough ball with the rolling pin (or with a pasta maker if you have one available).
8. Roll the dough with the pin until it becomes translucent. Add dust to the countertop, your hands, and the pin as required. This is a quite lengthy process requiring up to 20 minutes.
9. Set aside, and do the same with the other half. Then let the dough rest for another 10 minutes.
10. Slice the pasta into thin strips or into shapes suitable for ravioli or other types of noodles.
11. Dust the finished noodles with flour and hang them until they are semi-dry. Once they are partially dry, you can freeze them or store them for up to four days in the refrigerator.

## 2.22. Couscous

### Ingredients:

Moroccan (Instant) Couscous- Stovetop & Microwave

- 1cup water

- 2tablespoons extra-virgin olive oil
- ½ teaspoon kosher salt
- cup couscous, instant

### **Israeli (Pearl) Couscous- Stovetop**

- 1½ cups water
- ½ teaspoon kosher salt
- 1 cup Israeli pearl couscous

### **Lebanese (Moghrabieh) Couscous- Stovetop**

- 4cups water
- ¼ teaspoon kosher salt
- cup Lebanese couscous

### **Methods/Procedure**

#### **Moroccan (Instant) Couscous- Stovetop**

1. Bring water, salt, and olive oil to a boil in a medium saucepan.
2. Add couscous and quickly stir. Turn off the heat and cover.
3. Let couscous stand until water is absorbed and tender, 5 minutes. Fluff couscous with a fork before serving.

#### **Moroccan (Instant) Couscous- Microwave**

1. Microwave the water in a large 2-quart glass cup or large bowl until boiling, 5 minutes.
2. Add the salt, olive oil, and couscous, stir to combine. Tightly cover the cup or bowl with foil or a plate.
3. Let the couscous sit and absorb the water until tender, 5 minutes. Fluff with a fork before serving.

#### **Israeli (Pearl) Couscous- Stovetop**

1. Bring water and salt to a boil in a medium saucepan.
2. Add couscous and reduce heat to a simmer. Cover and cook until the water is absorbed, 10 minutes.
2. Turn off the heat and let the couscous sit for 5 minutes. Fluff with a fork before serving.

## Lebanese (Moghrabieh) Couscous - Stovetop

1. Bring water and salt to a boil in a medium saucepan.
2. Add Lebanese couscous and reduce to medium heat. Cook, stirring occasionally, until al dente, 10 to 15 minutes.
3. Drain and use as needed.

### Notes

- Moroccan Couscous: 1 cup dried yields 2 ½ cup cooked
- Israeli Couscous: 1 cup dried yields 2 cups cooked
- Lebanese Couscous: 1 cup dried yields 2 ½ cups cooked
- **Serving Size:** ½ cup

## 2.23. Spaetzle

### Ingredients

- cups all-purpose flour (you can also use whole wheat flour)
- 1/2 teaspoons salt
- large eggs
- 1/2 cup milk or water + more as needed (milk produces a richer Spaetzle) (\*\*add more flour if the dough is too runny, add more milk or water if it's too stiff)
- butter for serving

### Methods/Procedure:

1. Add the flour and salt to the bowl of a stand mixer. Stir to combine. Crack the eggs into a small bowl and whisk them. Make a well in the center of the flour mixture and pour the eggs in it. Add the milk (start with using slightly less and add more as needed). Attach a dough hook to the stand mixer and "knead" the dough for 16-20 minutes, or until bubbles appear (see pictured instructions for details). After 15 minutes or less of beating, use a wooden spoon to scoop and pull the dough. If bubbles/holes appear, the dough is done.
2. Bring at least 2 quarts of lightly salted water to a boil, then reduce to a simmer. Using a Spätzle maker of your choice (I use and prefer the **Spätzle press**), press the noodles into the simmering water and cook for about 2-3 minutes, or until the noodles float to the top. Use a slotted spoon to transfer the noodles to a colander, and then dump the noodles in a large



bowl of ice water. Drain the noodles again, toss with some melted butter and serve warm.

3. Make Ahead: The Spaetzle can be stored in the fridge for at least a couple of days and then reheated. Melt some butter in a large skillet and toss the Spätzle in it to heat through.

## 2.24. Gnocchi Piemontese

### Ingredients

- 1500 g Potatoes
- 550 g Flour
- Eggs Salt and pepper
- 500 g Tomatoes
- 100 g Onions
- 25 g Garlic
- Basil
- Salt, Pepper

### Methods/Procedure

1. Boil the potatoes a day ahead in the skin Peel the potatoes and make sure you have 1 kg left
2. Press the potatoes through a sieve Rub the potatoes together with the flour
3. Season and add the eggs at the end Mix quickly together to have dry dough. Form the Gnocchi and blanch them in salt water. As soon as they swim on top, take them out and put in ice water
4. Blanch the tomatoes and put in ice water, peel the skin then chop in cubes Saute the chopped onion in a little olive oil without color till glossy, then add the garlic, fry some more.
5. Add the tomatoes, season and add the basil Simmer for 25 minutes, season to taste.
- 6 Toss the Gnocchi in the tomato and basil sauce, and then serve immediately.

## 2.24 Gnocchi Parisienne

### Ingredients

- 110g of butter
- 230ml of water
- eggs

- 50g of Parmesan, finely grated
- 155g of flour

### Methods/Procedure

1. Place the water and butter in a pan with a pinch of salt and set over a heat until the butter has melted.
2. Remove the pan from the heat then add the flour and cheese. Beat vigorously to form a dough.
3. Once the mixture has cooled slightly, then beat in the eggs. Transfer the mixture to a piping bag.
4. Bring a pan of salted water to the boil and attach a taught string across the diameter of the pan using sellotape. If you don't have any tape to hand, you can dip sharp scissors into the hot water and snip length of the gnocchi off, wetting the scissors between each snip
5. Snip the end of the piping bag and pipe out the mixture, dragging it over the string to create separate gnocchi shapes
6. Work in batches so as to not overcrowd the pan. Once they float to the surface, remove using a slotted spoon and transfer to either a bowl of iced water, or a hot pan to crisp up if you're eating straight away. Be careful not to overcook them, or they will turn mushy
7. If eating straight away, add a knob of butter to a hot pan and allow to foam. Add the gnocchi to the pan and allow to crisp up. Squeeze over a little lemon juice, add a handful of chopped parsley and stir to coat the gnocchi in the sauce. Serve immediately.

### 2.25. Gnocchi

#### Ingredients

- potatoes, peeled
- 2 cups all-purpose flour
- Egg

#### Methods/Procedure

- 1..Bring a large pot of salted water to a boil; add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool, and mash with a fork or potato masher.

2. Combine 1 cup mashed potato, flour, and egg in a large bowl. Knead until dough forms a ball. Shape small portions of the dough into long "snakes". On a floured surface, cut snakes into 1/2-inch pieces.
3. Bring a large pot of lightly salted water to a boil. Drop in gnocchi and cook for 3 to 5 minutes or until gnocchi have risen to the top; drain and serve

## 2.26. Italian Baked Cannelloni

### Ingredients

- ½ cup olive oil, or as needed
  - pound lean ground beef
- 1 onion, thinly sliced
- ¼ teaspoon dried sage
- ¼ teaspoon dried rosemary
- salt to taste
- ½ cup white wine
- tablespoons butter
- tablespoons all-purpose flour
- cups milk
- egg yolks, lightly beaten
- 12 ounces mozzarella cheese, cubed

### For the Tomato Sauce:

- tablespoons butter
- onion, thinly sliced
- ½ cup white wine
- (14.5 ounce) cans stewed tomatoes
- salt and pepper to taste
- 12 cannelloni pasta shells

### Methods/Procedure

1. In a large skillet over medium heat, warm oil and saute ground beef with the onion, sage and rosemary; cook until meat is evenly browned and crumbly. Drain fat. Add salt and 1/2 cup white wine; cook until wine is evaporated. Set mixture aside.
2. To make the Bechamel sauce: Melt 4 tablespoons butter in a medium saucepan over medium heat. Add flour and stir until well incorporated. Stir in milk and bring to a slow boil until mixture thickens. Remove sauce from the heat. In a steady stream, pour the bechamel in to the beaten egg yolks, whisking constantly. Stir the sauce into the meat mixture. Stir in the cubed mozzarella.
3. In a medium saucepan over medium-low heat, melt 2 tablespoons butter and saute onion until soft and translucent. Add 1/2 cup white wine and let it cook down to evaporate; add stewed tomatoes and salt. Mix well; simmer for 15 minutes.
4. Bring a large pot of lightly salted water to a boil. Add pasta, a few at a time, and cook for 8 to 10 minutes or until al dente; using a slotted spoon, remove immediately to a pot filled with cold water. Lift pasta out with slotted spoon and arrange on a flat surface.
5. Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x13-inch baking dish.
6. Spoon a line of filling into each shell, starting from one end and using your finger to push the filling inside of each shell. Place cannelloni in prepared baking dish and cover with tomato sauce mixture.
7. Bake in preheated oven for 15 minutes or until heated through; when finished baking, allow to stand for 5 minutes and serve.

## Operation Sheet \$ 2.1

## Selecting sauces for farinaceous food

### Recipes

#### 2.1. Classic Tomato sauce

##### Ingredients

- tablespoons olive oil
- large onion, finely chopped (about 2 cups)
- cloves garlic, finely minced
- (28-ounce) cans crushed tomatoes in puree
- tablespoons tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 pinch red pepper flakes
- 1/2 teaspoon salt (kosher or coarse), or more to taste
- Fresh black pepper, to taste

##### Methods/Procedure

1. Gather the ingredients.
2. Heat the olive oil in a large saucepan, like this one from Amazon, over medium heat. Add the onion and cook until tender, 7 minutes, then add the garlic and cook 1 minute.
3. Add the tomatoes, tomato paste, oregano, basil, and, if using, red pepper flakes. Add salt and pepper and bring sauce to a simmer.
4. Reduce heat to medium-low and simmer, uncovered, until sauce thickens slightly—about 20 minutes. Taste and add more salt if desired

#### 2.2 Bolognese Sauce

##### Ingredients

- 25gm butter
- 50gm chopped onion
- 1 clove garlic, chopped 1
- 100 gm lean minced beef

- 125 ml dame-glaze
- 1tbs tomato puree
- Oregano
- 100gm diced mushroom
- Salt & mill pepper
- 100 gm boiled spaghetti

### Methods/Procedure

1. Add 10 gm butter in sauté use
2. Add the chopped onion & garlic & cook for 4-5 min without color
3. Add the beef & cook , coloring lightly
4. Add jus-lie or demi-glaze ,the tomato puree & the herbs
5. Simmer till tender
6. Add the mushrooms & simmer for 5 minutes then correct the seasoning
7. Return to clean pan congaing 10 gm butter toss the spaghetti
8. Serve in plate with the sauce in the center of the spaghetti
9. Serve grated cheese separately

## 2.3 Vegetable Sauce

### Ingredients

- 25 gm onion
- Clove garlic
- 25 gm carrot
- 25 gm mushroom
- 25gm baby marrow
- 25gm broccoli
- 25 gm cauliflower
- 25gm Red pimento
- 25ml tomato sauce
- 25 ml oil

## Method /Procedure

1. Wash the vegetables slice the mushrooms peel the carrots ,cut into fine julienne wash cauliflower & broccoli & cut in to florets top & tail French beans, cut in halves wash & julienne the pimento strip the marrow blanch the broccoli ,cauliflower ,marrow, carrot ,French beans the green vegetables may be quickly blanched & refreshed to retain color
2. Heat the oil in a wok or frying pan add the onion & garlic cook for 2-3 min & add all the vegetables fry & continuously stir for approx 3mins
3. Add the tomato sauce stir well correct the seasoning

## 2.4 Carbonara Sauce

### Ingredients

- Kosher salt, to taste
- 1 pound spaghetti
- 1/2 pound pancetta, or bacon, cut into 1/2-inch dice
- 4 large egg yolks
- 1/4 cup heavy cream
- 3/4 cup freshly grated Pecorino-Romano, or Parmesan cheese
- 1 teaspoon extra-virgin olive oil
- 2 tablespoons finely chopped Italian parsley
- Freshly ground black pepper, to taste

## Method /Procedure

1. Gather the ingredients.
2. Fill a large soup pot with cold water and add a handful or so of kosher salt. Stir and taste; it should taste like seawater. Cover the pot and heat the water until it boils.
3. Drop the spaghetti into the boiling salted water and cook according to package instructions, about 6 to 9 minutes or until al dente—tender but still firm to the bite.
4. Meanwhile, add the diced pancetta or bacon to a cold sauté pan and cook slowly over low heat for 10 to 15 minutes or until crisp. Remove from the pan and drain on paper towels.



5. Combine the egg yolks, cream, cheese, and olive oil in a bowl and beat with a whisk until completely mixed.
6. Once the pasta is done, scoop out 1/2 cup of the pasta water and set it aside. Drain the pasta and discard the remaining pasta cooking water.
7. Place the cooked pasta in the pot along with the cooked pancetta or bacon.

With the pot off the heat, add the egg and cream mixture and stir briskly while the sauce thickens up. You can adjust the consistency with some of the reserved pasta water.

8. Transfer to serving bowls and garnish with the chopped parsley and freshly ground black pepper. Serve right away, with additional grated cheese if desired.

<b>LAP Test 2.1</b>	<b>Practical Demonstration</b>
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Name : \_\_\_\_\_ Date : \_\_\_\_\_

Time started : \_\_\_\_\_ Time finished : \_\_\_\_\_

*Instructions:*

1. You are required to perform any of the following:

Request your teacher to arrange for you all necessary tools, materials and equipment. Submit your outputs to your teacher for evaluation.

Request a set of tools, materials, equipment for the tasks then perform the following tasks in front of your teacher:

**Project. 1: producing Farinaceous Product**

Task 1. 1 Prepare Spaghetti with tomato sauce

Task 1.2 Prepare Spaghetti with bolognaise sauce

Task 1.3 Prepare Spaghetti with vegetable sauce

Task 1.4 Prepare Spaghetti carbonara

Task 1.5 Prepare Ravioli

**Project. 2: producing a variety of rice product**

Task 1. 1 Prepare Rice pilaf

Task 1.2 Prepare Risotto

2. Request your teacher for evaluation and feedback

LAP Test #	Practical Demonstration
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Name : \_\_\_\_\_ Date : \_\_\_\_\_

Time started : \_\_\_\_\_ Time finished : \_\_\_\_\_

**Instructions:**

1. You are required to perform any of the following:

Request your teacher to arrange for you all necessary tools, materials and equipment. Submit your outputs to your teacher for evaluation.

Request a set of tools, materials, equipment for the tasks then perform the following tasks in front of your teacher:

**Project. 1: producing a variety of Sauces**

Task 1. 1 Prepare tomato sauce

Task1.2 Prepare bologna sauce

Task 1.3 Prepare vegetable Sauce

2. Request your teacher for evaluation and feedback

### Unit Three: Storing Farinaceous

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Storing farinaceous product
- Storing cooked farinaceous product at correct temperature

This guide will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Store dried farinaceous product
- Store cooked farinaceous product at correct temperature

### 3.1 Storing dried farinaceous product

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 to remove foreign matter such as tiny stones or bits of soil. In addition, whole grains should usually 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 rice 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 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.

### 3.2 Storing cooked farinaceous product at correct temperature

If eggs are used in the making of fresh pasta, the fresher they are the longer the keeping quality of the pasta. When fresh pasta is correctly stored it will keep for up to 3 or 4 weeks. Flat types of fresh pasta, such as Noodles, which are dried and transferred to a container or bowl, will keep for up to a month in a cool, dry store. Other shapes can be stored in the freezer.

Cooked rice should not be kept warm for long periods, because the spores of *Bacillus cereus* (a bacterium which is found in soil where rice may grow), may revert to bacteria, multiply and produce toxin (poison)

- Cool cooked rice and noodles from 60°C to 20°C as quickly as possible (within 2 hours); and from 20°C to 4°C, within 4 hours or less.
- Speed up the cooling process by using wide, shallow containers or
- Reducing the size of the portions.
- Use potable water/ ice wherever necessary to cool cooked noodles.

- Keep cooked rice and noodles in covered containers and away from raw food at temperature above 60°C or at 4°C or below. Check the temperature regularly to ensure that the food is kept at designated temperature.
- As a general rule, after proper cooling, if cooked rice and noodles have been kept under room temperature:
- Apply the 2 hour 4 hour rule to all cooked foods that are not going to be consumed in the following 2 hours
- For less than 2 hours, they can be refrigerated for final use later or used before the 4 hours limit is up.
- For more than 2 hours but less than 4 hours, they should be used before the 4 hours limit is up but should not be returned to the refrigerator.
- For more than 4 hours, they should be discarded.
- Adopt appropriate measures to ensure first-in-first-serve of rice and noodles which are cooked in advance
- A cooked **farinaceous product** has had the starch gelatinized; it has absorbed moisture so it can begin to ferment
- It can be stored in larger containers but it needs to be kept chilled until required.
- It can be stored for several days at a temperature less than 5°C. If stored for more than 2 days it will begin to ferment. Cooked pasta cannot be frozen
- Cooked rice is the ideal breeding ground for 'bacillus cereus' to grow. So if the rice is not going to be consumed with the meal within the next 2 hours then it is important to chill the rice below 5°C as quickly as possible.
- E.g. use date and time coding to show the storage/ display time.



Figure 3.1: Cooked rice

Self-Check 3	Written Test
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Name: \_\_\_\_\_ ID \_\_\_\_\_

**Direction**

Answer all the questions listed below.

**Part II Give short answer for the following**

2. How does dried rice stored?
3. Whole grains are somewhat more perishable. Why?
4. Cooked pasta cannot be frozen why
5. . Explain briefly about the 2 hour 4 hour rule to all cooked foods that are not going to be consumed in the following 2 hours



## Reference

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