

Save Time in the Kitchen. Cook Pasta the way Restaurant Chefs Do

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Save Time in the Kitchen. Cook Pasta the way Restaurant Chefs Do

By Skip Lombardi

Save Time in the Kitchen. Cook Pasta the way Restaurant Chefs Do

by: **Skip Lombardi**

Have you ever wondered how a restaurant can get a dish of pasta to your table in about four minutes when you know it takes ten minutes just to cook the pasta? Does the water on their stoves boil at a higher temperature than the water on yours? Do they know a trick that you don't? As a matter of fact, they do.

They parboil, or partially pre-cook their pasta; so when an order comes in to the kitchen, a cook can turn out a dish of perfectly 'al dente' pasta in a minute or two. Pre-cooking is a worthwhile technique for home cooks, because it enables them to pull together a great sit-down meal in practically no time, no matter how busy their day may have been.

It's also a great method to use when you plan to serve pasta for a crowd. I once catered a party for fifty, where I had a "pasta bar." With the assistance of one helper, and two propane burners, I served fifty portions of freshly cooked pasta (al dente) without holding anyone up in the buffet line.

To parboil pasta at home, bring a large pot of salted water (at least six quarts) to the boil. Add one pound of pasta and stir until the pasta wilts (in the case of spaghetti or linguine) and becomes submerged. When the water returns to a full, rolling boil, cook the pasta for exactly two minutes, then drain, shock in ice water, and drain again. Note: Strand pasta like spaghetti or linguine will be brittle, so handle them with care.

Place the pasta in a container large enough to hold it, then add enough olive oil to just coat each strand. Cover and refrigerate until needed. Parboiled pasta will keep, refrigerated, for four to six hours.

Note: Coating pasta with olive oil flies in the face of conventional wisdom that says, "Never coat pasta with olive oil. The sauce won't adhere to the pasta." Well, conventional wisdom aside, sauce sticks to parboiled pasta like glue. What else can I say?

Save Time in the Kitchen. Cook Pasta the way Restaurant Chefs Do

When it's time to cook dinner, bring a large pot of salted water to the boil, add the pasta (You'll note that the pasta has softened over the time you've had it refrigerated. This is perfectly fine.), cook for one or two minutes, then drain in a colander. Be sure to taste after a minute or so. The pasta cooks quickly. Serve as you would any pasta that you had cooked for eight to ten minutes.

Again, this is a great, worthwhile technique to use at home, because you can parboil the pasta at a time of day when you're not juggling three or four other tasks, like preparing a sauce, or a salad. And when it's time to prepare the rest of dinner, you'll feel more confident in the outcome, because you can focus more of your attention on the other parts of the meal.

Try this technique once, and you could be hooked. You may not be serving fifty or sixty people per night, but you'll be cooking just like a chef in a neighborhood Italian restaurant.

Skip Lombardi is the author of two cookbooks: "La Cucina dei Poveri: Recipes from my Sicilian Grandparents," and "Almost Italian: Recipes from America's Little Italys." He has been a Broadway musician, high-school math teacher, software engineer, and a fledgeling blogger. But he has never let any of those pursuits get in the way of his passion for cooking and eating. Visit his Web site to learn more about his cookbooks.

or

.

Cookware: Create Your Own Coffee Café In Your Kitchen

By Victor Nunn

The next time you prepare for a special holiday dinner or party at your house, turn your kitchen into a café. Many café goers are saving their \$6 per day favorite coffee or cappuccino and saving their money. Today, the average café coffee drinker spends \$1650 or more each year on designer coffees and pastries. A person that craves delicious coffee from their favorite café restaurant can purchase a state of the art cappuccino machine and save a lot of money.

Remember just because person has the latest cappuccino machine and the latest cookware doesn't necessarily make them a good cook. It takes skill to prepare delicious meals and beverages. Yes, manufacturers of cookware make it easier for people to use various appliances, but the person still needs to know how to cook.

A good cook must know how select, measure, and know how to combine ingredients that would make a delicious meal. Following complete instructions when cooking is very important.

More and more people are succumbing to the cooking bug simply because Coffee lovers can save a lot of money, as mentioned earlier and they can even earn a few extra dollars on the side. Some coffee lovers actually go into the business of making coffee and they sell it to family, friends and

Save Time in the Kitchen. Cook Pasta the way Restaurant Chefs Do

co-workers. Others take it a step further and sell coffee beans under their very own brand name on the internet.

A coffee lover must have a nice pastry or meal to go along with their beverage. If one is not a good cook and has a kitchen filled with unused cookware is like a person who is all dressed up and has no where to go. It is suggested that a person take cooking lessons or ask a friend or a relative who is a good cook to teach them how to prepare good meals.

Before purchasing cookware, know exactly what you are going to use it for and how often you are going to use it. If you purchase a gourmet waffle oven for \$900 and you haven't eaten a waffle since the 1980's, maybe you should think in terms of purchasing equipment that you will often use. There are many people who have so much stuff...cabinets filled with cookware that if they had a yard sale they could put a down payment on a new house. So, remember before investing in that cappuccino maker or that new kitchen appliance, make sure that it is something that you are going to use.

To find out further information regarding cooking, log onto:

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares

Save Time in the Kitchen. Cook Pasta the way Restaurant Chefs Do



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!