



Pasta, Pasta, Pasta. It's Everything You Ever Wanted to Know About that Italian Treat--PASTA!



The winner of our first Pasta in a Nutshell contest (the name of the pasta is Creste di Gallo--coxcomb, or the red crest of a rooster) was Suzanne Hutchinson. Congratulations and enjoy the pasta!

Continuing on our pasta journey, let's take a look at the some of the 600 types of pastas and what they're called.



In this box, we have a sample of 24 of the 600 different pasta types. What are they?

Row 1 (top): Spinach fettucini, orecchiette, small shells, penne, farfalle, and whatever.

Row 2: Angel hair, whatever, something or other, penne, spinach farfalle, and bigger shells

Row 3: Egg tagliatelle, rotini, something or other, little colored things, elbows, and snail-y looking things.

Row 4: Fusilli (?), long tube things...

OK, so we didn't do so well, but after all, there are 600 kinds!



Squid ink, beet, carrot and spinach

Colored pasta reflects the color of what it's made with. Spinach turns it green, pumpkin or carrots make it orange, beets make it purple or pink, tomatoes make it red, and squid ink makes it an almost black color.

The word pasta in Italian means "paste" because it's made with flour and water (very sticky, like the library paste you ate as a kid).

When we think of pasta, most of us picture the stuff on supermarket shelves in a colorful cardboard box. Fresh pasta can be found in the refrigerated section of stores; because it's made with little more than flour and egg yolks, it's very perishable. Dried pasta, once molded into its shape, is dried for several days at a low temperature so that the moisture evaporates, making it shelf-stable.

Dried pasta was made out of necessity — it traveled and stored well.

Fish semen, known as milt, is considered a delicacy in many cuisines. The Sicilians use it as a pasta sauce. (Now you know what “milt” is, so pay attention when you're in Sicily.)



Pasta Puttanesca

Pasta Puttanesca roughly translates to “whore pasta.” It's red and spicy and was made by women who didn't have um...time to spend cooking. It's easy to make. Here's a picture of the one made by Lidia Bastanavich. If you want to try it, go to the Club's website and look in the tab called, La Cucina. The recipe is there waiting for you to make it.

Next week, we'll explain how to cook and eat (do we really need a lesson on that topic?) pasta.

So, what did the spaghetti say to the meatball at dinner time?

"Pasta sauce, please."



NAME THIS PASTA

Name this pasta and you could be a winner! Send your guess to bobzkarenz@att.net (Karen's email) no later than 6 pm today. We'll draw two names from all the correct guesses. The winners will win a box of this pasta. And remember, anyone who wins once can guess but can't win a second time. We know you love pasta but we'd like everyone to have a chance at winning some!

Pasta in a Nutshell, Parts 3 & 4 will return in two weeks. Stand by.

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