



Take the 'Pasta Diploma' and enter the Pasta Mania Challenge

There are many different pasta dishes from all over the world. Although Italy is considered to be the home of pasta it is thought the Chinese were making noodles a long time before pasta emerged in Europe. The origins of pasta can be found in many different cuisines and its popularity as a carbohydrate for main meals is rising every year. Cannelloni featured in one of the case studies is a stuffed pasta which originates from Northern Italy where because of the colder weather more filling substantial dishes with cream and cheese are popular. In the Mediterranean south lighter pasta dishes with olive oil based sauces were developed. Regardless of where pasta styles originated they all seem to appeal to us here in the UK. Probably because they are easy to prepare especially if you use dried pasta which can be used straight from the packet and cooked in just a few minutes.

Although there are many pasta sauces to buy fresh, chilled or canned it's actually really easy, inexpensive and satisfying to make your own from scratch. There are three classic sauces you need to be able to make three classic pasta styles:

Course syllabus

Classic sauces

Classic tomato sauce

Bolognese sauce

White sauce (also referred to as Béchamel or Mornay)

Pasta styles, Stuffed pasta (cannelloni, ravioli, tortellini etc), Layered pasta (lasagne), Pasta shapes with sauce.

In order to pass this course you have to be able to:

Make each sauce successfully using the recipes provided

Make your own pasta dough for either Chinese style dumplings or ravioli

Make each dish using just one of the combinations suggested

With this knowledge why not enter the Silver Activity Pasta Mania challenge for an Active Kids Get Cooking Certificate.

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Classic Tomato Sauce with pasta - serves 1

Ingredients:

75g dried Pasta shapes	1 dessertspoon tomato puree
1 dessertspoon olive oil	1 teaspoon dried mixed herbs
½ a medium size onion, very finely chopped	Salt and black pepper
1 clove garlic, crushed (optional)	
1x 200g can chopped tomatoes	

Equipment required:

- 1 small and 1 large saucepan
- 1 sharp knife
- 1 chopping board
- 1 cheese grater (if using block cheese)
- 1 wooden spoon
- 1 colander
- 1 can opener

Method:

1. Half fill a large saucepan with cold water and bring to the boil. When the water is boiling add the pasta. Stir occasionally and simmer for time specified on pack.
2. While the pasta is cooking start to prepare the sauce. Heat the olive oil in a large frying pan and gently sauté the onions and garlic for 5-6 minutes until soft. Do not allow to, brown or burn.
3. Now add the tomatoes, puree, and herbs. Simmer for 5 minutes and add the mushrooms. Simmer the sauce for a further 10 minutes adding seasoning.
4. When the pasta is cooked drain thoroughly in a colander and return to the pan and keep warm. When the sauce has cooked pour it into the pan with the pasta and mix together.

Serve with grated parmesan cheese (optional)

Variations:

Use tablespoon of fresh basil leaves in place of dried mixed herbs
Use fresh very ripe vine or plum tomatoes in place of canned
If you don't like parmesan use cheddar in its place



Quick and easy Bolognese Sauce for 1

Ingredients

1 dessertspoon oil
100g lean minced beef
1 small onion or half a medium onion, finely chopped
1 clove garlic, crushed or finely chopped
½ teaspoon Italian mixed herbs
200g canned chopped tomatoes
1 dessertspoon tomato puree
1½ teaspoons balsamic vinegar

100g spaghetti

Parmesan cheese to serve

Equipment required:

2 medium size saucepans, 1 sharp knife and a chopping board, garlic crusher, can opener, wooden spoon, and colander.

Method:

1. Heat the oil in a saucepan then add the beef and onions. Cook over a steady heat to brown the meat, onions and garlic but take care not to burn.
2. Add the herbs, tomatoes, puree and balsamic vinegar and bring to the boil. Reduce the heat to a simmer and put the lid on the pan. Cook for 30 minutes adding a little water if needed to keep the sauce moist.
3. When the sauce has been cooking for 15 minutes. Boil a pan of water to cook the spaghetti. Cook according to on pack instructions and drain well.
4. Place the pasta in a large bowl and top with the sauce.

Serve with a sprinkling of parmesan cheese

For a tray bake dish like a lasagne you will need to make the recipe above x 4.



Pasta with Cheese Sauce

Skills employed: cooking pasta, grating, making a roux, grilling.

Equipment required: 1 large and 1 small saucepan, cheese grater, wooden spoon, colander, *whisk.

Ingredients: (serves 1)

100g dried pasta shapes (cook for time given on pack)

For the sauce:

15g butter

50g grated cheddar cheese

1 dessertspoon plain flour

1 teaspoon mustard powder (optional)

250ml milk

Salt and black pepper to taste

Method:

1. Take a large saucepan and half fill with water. Place on the hob to boil with the lid on. When the water has boiled add the pasta and stir. When the pasta has returned to the boil, turn heat to a simmer.
2. Meanwhile make the sauce. Using a small saucepan melt the butter, stir in the flour and cook for a minute (do not allow to burn). Stirring with a wooden spoon or whisk add half the milk and stir hard until it is thick and smooth. Now gradually add the remaining milk and continue to whisk until thick and creamy then remove from the heat.
3. Stir in the cheese (reserve a little for later) and seasoning into the sauce and pour in the hot drained pasta. Sprinkle the reserved cheese on top and serve.

Use gruyere or red Leicester cheese in place of cheddar