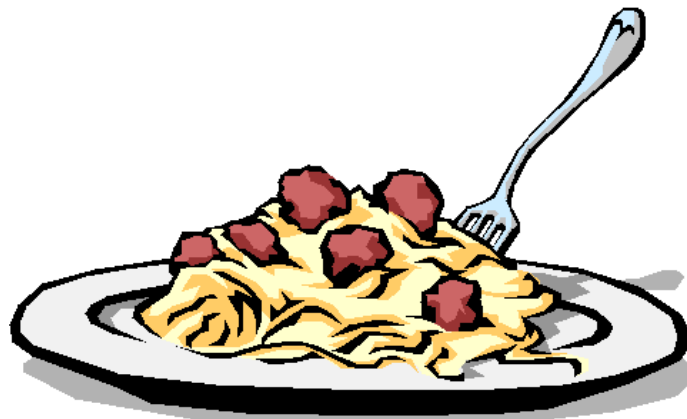


Section 10

Meat, Poultry, Fish, Farinaceous and Vegetable Dishes



After completing this section, you will be able to:



Assist in preparing, presenting a limited range of meat, poultry, fish, farinaceous and vegetable dishes.

Culinary Operations, 3N0549,
Learning Outcome Number 10

Meat, poultry, fish, farinaceous and vegetable dishes

Important note

Meat, poultry, fish and vegetable dishes have been covered in earlier sections in this manual. For this reason, only Pasta (farinaceous) is being covered in this section.

Pasta



Pasta or Farinaceous, from the French word 'Farine' is made from ground durum wheat. It is mixed with water, oil or egg to form a stiff dough which is rolled or pressed into different shapes. It can be cooked straight away or dried to prolong shelf life.

Dried pasta made without eggs can be stored for up to two years under ideal conditions, while fresh pasta will keep for a few days under refrigeration.






Brown pasta is made with wholemeal flour. Pasta can be coloured with tomato purée (to make red), spinach (to make green) or squid ink (to make black). Pasta also includes varieties such as, ravioli and tortellini, which are filled with other ingredients such as ground meat or cheese.








Pasta in the diet




Pasta is enriched with iron, folic acid and several other B-vitamins, including thiamine, riboflavin and niacin. It is very low in salt and is cholesterol-free if eggs are not used. Pasta is low on the *Glycemic Index (GI)*. This means that it is digested more slowly and provides a slow release of energy without spiking blood sugar levels.

Types of pasta

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

Type	Detail
<p style="text-align: center;">Anelli</p> 	<p>✓ Anelli means 'rings.'</p>
<p style="text-align: center;">Capellini D'Angelo</p> 	<p>✓ Capellini D'Angelo means 'angel hair.'</p>
<p style="text-align: center;">Cannelloni</p> 	<p>✓ Cannelloni is made of rolls of pasta with various fillings. It is usually cooked in an oven.</p>
<p style="text-align: center;">Conchiglie</p> 	<p>✓ Conchiglie is a seashell shaped pasta.</p>
<p style="text-align: center;">Farfalle</p> 	<p>✓ Farfalle is a bow tie or butterfly shaped pasta.</p>

<p>Fettucine</p> 	<p>✓ Fettucine means 'small ribbons.'</p>
<p>Fusilli</p> 	<p>✓ Three-edged spirals, usually in mixed colours. ✓ Many vendors and brands sold as fusilli are two-edged. ✓ Made from twisted spaghetti.</p>
<p>Lasagne</p> 	<p>✓ Very wide noodles that often have fluted edges.</p>
<p>Linguine</p> 	<p>✓ Linguine means 'small tongues.'</p>
<p>Penne</p> 	<p>✓ Medium length tubes with ridges, cut diagonally at both ends.</p>
<p>Ravioli</p> 	<p>✓ Square. About 3x3 cm, stuffed with cheese, ground meat, puréed vegetables or mixtures thereof.</p>
<p>Rigatoni</p> 	<p>✓ Rigatoni is large grooved pasta shapes</p>

<p>Spaghetti</p> 	<p>✓ Long, slender, solid strings of pasta.</p>
<p>Tagliatelle</p> 	<p>✓ Ribbon - thinner than fettuccine.</p>
<p><u>Tortelloni</u></p> 	<p>✓ Round or rectangular, similar to ravioli, usually stuffed with a mixture of cheese and vegetables (The term tortellini is also used for a larger variety of tortellini).</p>

Pasta sauces

Pasta is generally served with some type of sauce; the sauce and the type of pasta are usually matched based on consistency and ease of eating. Individual regions in Italy tend to specialise in certain types of pasta sauces. Some examples are as follows:

- ✓ In Northern Italy less tomato sauce, garlic and herbs are used than elsewhere (white sauce is more common).
- ✓ In Bologna, the meat-based Bolognese sauce incorporates a small amount of tomato concentrate.
- ✓ A green sauce called pesto originates from Genoa.
- ✓ In Central Italy, there are sauces such as tomato sauce, amatriciana, arrabiata and egg-based carbonara.
- ✓ Tomato sauces are also present in Southern Italian cuisine, where they originated.

How to cook pasta

There is an old saying, 'If you can boil water you can cook pasta!'. Here are a few points to consider when cooking pasta.

- ✓ Place in an uncovered pot, 1 litre (4 cups) of water for every 100 grams of pasta. Some pasta-lovers prefer a teaspoon of salt added to the water before bringing it to a boil.
- ✓ Once the water reaches a vigorous boil, add the pasta slowly. Cooking time starts from the time the water returns to a boil once again.
- ✓ The time it takes to cook depends upon the type of pasta. Angel Hair pasta typically takes less time than a thicker type of pasta such as rigatoni. Be sure to check the package for specific cooking times.
- ✓ To test if the pasta is ready, you taste it. Many prefer it 'al dente' while others like it tender.
- ✓ Drain well and serve.





Meat, poultry, fish, farinaceous and vegetable dishes

Vocabulary

Farinaceous	Dough	Ravioli	Tortellini
Thiamine	Riboflavin	Glycemic Index (GI)	Anelli
Capellini D'Angelo	Cannelloni	Conghi	Farfalle
Fettucine	Fusilli	Lasagne	Linguine
Penne	Ravioli	Rigatoni	Spaghetti
Tagliatelle	al dente	consistency	concentrate



Meat, poultry, fish, farinaceous and vegetable dishes

Worksheets

These worksheets are based on:	
Culinary Operations, 3N0549, Learning Outcome 10	Assist in preparing, presenting a limited range of meat, poultry, fish, farinaceous and vegetable dishes.

Meat, poultry, fish, farinaceous and vegetable dishes - Worksheet 1 - Pasta Quiz



Answer the following questions.

1. How is pasta made?

2. List two nutrients you get from pasta.

1. _____

2. _____

3. List two points to consider when cooking pasta.

1. _____

2. _____

4. List dishes you can cook with the following types of pasta.

Pasta	Dish
Spaghetti	
Fusilli	
Tagliatelle	
Lasagne	
Penne	

Meat, poultry, fish, farinaceous and vegetable dishes - Worksheet 2 - Word Search

Can you find the 15 listed words below in this word search?

j i r d h s w s i z j z l a i
g l v i g o r o u s c r e s r
z u z t n u s e k o o n t d a
y x j w q p f f n x n r u o l
n e r b f a p c y e p t r m d
g d k l s t e j p n u l d c e
k n l y c n e t s i s n o c n
f i l i t r e a p b s f u o t
a o b r a v i o l i p u g b e
g e a p g l y c e m i c h a e
b t r i b o f l a v i n q o i
e w v c b u u e n i m a i h t
u w f s b k s p a g h e t t i
i f a r i n a c e o u s y j k
h c w u i n i l l e t r o t l

farinaceous
dough
tortellini
spaghetti
al dente
concentrate
ravioli
consistency
glycemic
index
penne
vigorous
litre
thiamine
riboflavin