

THE ART OF COOKING PERFECT PASTA



AT BARILLA, WE HAVE BEEN MAKING PASTA FOR OVER 140 YEARS. SO, WE'D LIKE TO SHARE SOME GENERAL GUIDELINES FOR ENJOYING PASTA IF YOU ARE PREPARING IT IN ADVANCE. SEE NEXT PAGE FOR DOUBLE COOKING INFORMATION ACROSS AVAILABLE LINES.

DOUBLE COOKING PROCEDURE

1. PRE-COOKING



Boiling process:

- / Bring water to boil, add salt and return to boil.
- / Add pasta and return to boil.
- / Stir the pasta gently, approximately every three minutes.



Cook time:

- / In this first step, cooking time is typically 50% of the total time recommended.
- / For cold pasta salads, cook the pasta one minute less than the packaging instructions.

2. DRAINING & CHILLING



Method 1:

- / Drain the pasta fully.
- / Drizzle with olive oil to prevent sticking.
- / To stop the cooking process, the pasta must be chilled.
- / Place pre-cooked pasta on a sheet tray and cool in a blast chiller at 38°F.
- / If there is no blast chiller, place the tray in a walk-in cooler.



Method 2:

- / Drain the pasta fully.
- / If a blast chiller and walk-in cooler are not available, you may also chill the pasta by shocking it in a bath of ice water to stop the cooking. Then quickly remove from water, making sure to get rid of the water and then drizzle with oil.

COOKING TIPS

Salting:



- Salting the water brings out the natural flavor of the pasta.
- Salt must be added once the water has started to boil. If the salt is added too late, it will not be absorbed correctly into the pasta. Adding salt too early may lengthen the boiling time.
- Allow the salt to dissolve before adding the pasta.
- Proper ratio: 1 cup of salt, 10 pound pasta, 10 gallon water.



Oil:

- Do not add oil to the water.
- With Barilla's superior wheat quality, there's no need to add olive oil to the water. It does nothing for the flavor or texture of the pasta.

3. STORING



- / Store the chilled pasta carefully in sealable plastic bags or in a sealed plastic container. Refrigerate and use within 48-72 hours.

4. HEATING



- / Before serving, boil the pasta a second time in salted water for about 40 to 60 seconds and serve with the desired sauce. You may also reheat the pasta in the sauce by sautéing them together.
- / Pasta has been cooked properly when it is soft on the outside, but still a little hard on the inside. In authentic Italian cooking, this is called *al dente*.

PRE-COOKING CHART

	Product Description	SKU/Item No.	UPC	Standard Cooking Time	Pre-Cooking Time	Size (oz.)
BARILLA® SEMOLINA PASTA						
Long Cuts – 10 lb. Bag – 2 Count						
	Thin Fettuccine	1000007122	076808-000559	8	N/A	160
	Angel Hair / Capellini	1000354001	076808-039115	4	N/A	160
	Capelli d'Angelo	1000354002	076808-044195	3	N/A	160
	Thin Spaghetti / Spghettini	1000354003	076808-044188	6	4	160
	Spaghetti	1000354005	076808-039122	9	6	160
	Fettuccine	1000354006	076808-039139	11	8	160
	Thick Spaghetti / Spghettoni	1000354007	076808-039146	11	8	160
	Linguine Fini	1000354011	076808-039153	6	5	160
	Linguine	1000354013	076808-039160	9	6	160
	Short Cuts – 10 lb. Bag – 2 Count					
	Tri-Color Rotini	1000001401	895059-000671	8	4	160
	Pipette	1000002834	076808-535211	8-9	4	160
	Campanelle	1000002835	076808-535228	10	5	160
	Cellentani / Cavatappi	1000007428	076808-000719	11	6	160
	Medium Shells	1000013692	076808-006384	8	5	160
	Orecchiette	1000015087	076808-007947	12	7	160
	Elbows	1000440041	076808-520477	6	4	160
	Farfalle	1000440065	076808-039214	11	6	160
	Penne Rigate	1000440072	076808-039245	11	6	160
	Pennoni Rigati	1000440073	076808-034080	11	6	160
	Cut Ziti	1000440074	076808-039252	10	5	160
	Rotini	1000440081	076808-039337	7	4	160
	Rigatoni	1000440083	076808-039283	9	5	160
	Gemelli	1000440090	076808-039290	12	6	160
	Conchiglie Rigate / Large Shells	1000440093	076808-039313	14	7	160
	Orzo	1000017622	076808-009286	9	5	160
						
BARILLA® WHOLE GRAIN						
Long Cuts – 10 lb. Bag – 2 Count						
	Spaghetti Whole Grain	1000013340	076808-006070	7	5	160
	Short Cuts – 10 lb. Bag – 2 Count					
	Penne Whole Grain	1000013339	076808-006063	9	5	160
	Rotini Whole Grain	1000013341	076808-006087	9	4	160
	Elbows Whole Grain	1000013342	076808-006094	6	3	160
 WHOLE GRAIN EXCELLENT SOURCE OF FIBER—ALL NATURAL						
BARILLA® PROTEIN+						
Long Cuts – 14.5 oz. Box – 20 Count						
	Spaghetti +	1000002595	076808-533576	8	4	14.5
	Thin Spaghetti +	1000002596	076808-533569	8	4	14.5
	Angel Hair +	1000002597	076808-533552	8	4	14.5
	Short Cuts – 14.5 oz. Box – 12 Count					
	Penne +	1000010554	076808-533606	10	5	14.5
	Elbows +	1000010555	076808-533590	10	5	14.5
	Rotini +	1000010556	076808-533583	10	5	14.5
	Farfalle +	1000010557	076808-000320	10	5	14.5
 protein+						
BARILLA® GLUTEN FREE						
Long Cuts – Retail Box – 12 Count						
	Spaghetti Gluten Free	1000011277	076808-003888	10	7	12
	Fettuccine Gluten Free	1000013586	076808-006254	13	10	12
	Short Cuts – Retail Box – 8 Count					
	Penne Gluten Free	1000011509	076808-003895	10	5	12
	Rotini Gluten Free	1000011510	076808-003901	7	4	12
	Elbows Gluten Free	1000011512	076808-003918	7	3	12
	Oven Cuts – Retail Box – 10 Count					
	Oven Ready Lasagne Gluten Free	1000015080	076808-007930	1 hr	N/A	10
 GLUTEN FREE GREAT TASTE, MADE WITH CORN & RICE						
BARILLA® RED LENTIL AND CHICKPEA						
Long Cuts – Retail Box – 18 Count						
	Red Lentil Spaghetti	1000017629	076808-009170	7-9	5	8.8
	Chickpea Spaghetti	1000018341	076808-010312			8.8
	Short Cuts – Retail Box – 10 Count & 12 Count					
	Red Lentil Penne	1000016087	076808-008463	7-9	4	8.8
	Red Lentil Rotini	1000016088	076808-008470	7-9	4	8.8
	Chickpea Rotini	1000016089	076808-008487	7-9	4	8.8
	Chickpea Casarecce	1000016090	076808-008494	7-9	4	8.8
 Red Lentil Pasta  Chickpea Pasta						
BARILLA® COLLEZIONE						
Long Cuts – Retail Box – 20 Count						
	Collezione Bucatini	1000011715	076808-004618	7-8	7	12
	Collezione Spaghetti	1000011718	076808-004649	9	6	16
	Short Cuts – Retail Box – 12 Count					
	Collezione Casarecce	1000011714	076808-004601	10-11	5	12
	Collezione Orecchiette	1000011716	076808-004625	12	7	12
	Collezione Penne	1000013618	076808-006278	11	6	16
	Collezione Rigatoni	1000013619	076808-006285	9	5	12
 COLLEZIONE						