

FAQS

1:Why is pasta so popular?

A. According to the National Pasta Association (NPA), among the reasons cited for pasta's popularity are its nutritional value, taste, convenience and economical value. Eighty-four percent of consumers consider pasta to be a healthy food and an important part of a well-balanced diet. In fact, 77 percent of the 1,003 Americans surveyed said they eat pasta at least once a week, while a third eat it three or more times a week.

What's more, consumers who describe themselves as 'health conscious' are more likely than others to eat pasta three or more times a week. In addition, 44 percent of the health-conscious are eating more pasta today than they were five years ago

2:Does all pasta contain gluten?

A. No. To please all tastes and dietary restrictions, there are numerous varieties of pasta available on the market today. Traditional pasta is typically made from durum semolina wheat or whole wheat.

Alternative pastas are made from other grains such as brown rice, KAMUT®, spelt, and quinoa and are now widely available. Some of these alternative options such as KAMUT® and spelt are wheat-based, however gluten-free pasta is also on the market. The primary ingredient in gluten-free pasta is brown or white rice. Other ingredients in gluten-free pasta are quinoa, corn, potato, amaranth and buckwheat.

3:How should I store pasta?

A. Uncooked Pasta

Store uncooked, dry pasta in your cupboard for up to one year. Keep in a cool, dry place. Follow the "first-in, first-out" rule: Use up packages you've had the longest before opening new packages.

Cooked Pasta

Refrigerate cooked pasta in an airtight container for 3 to 5 days. You may add a little oil (1-2 tsp. for each pound of cooked pasta) to help keep it from sticking. Because cooked pasta will continue to absorb flavors and oils from sauces, store cooked pasta separately from sauce.

Freezing Pasta

The best pasta shapes for freezing are those that are used in baked recipes, such as: lasagne, jumbo shells, ziti and manicotti. You'll have better results if you prepare the recipe and freeze it before baking. To bake, thaw the dish to room temperature and bake as the recipe directs.

4: Mention the Nutritional Value of Wheat?

Wheat is rich in catalytic elements, mineral salts, calcium, magnesium, potassium, sulfur, chlorine, arsenic, silicon, manganese, zinc, iodide, copper, vitamin B, and vitamin E. This wealth of nutrients is why wheat is often used as a cultural base or foundation of nourishment. Issues like anemia, mineral deficiencies, gallstones, breast cancer, chronic inflammation, obesity, asthenia, tuberculosis, pregnancy problems and breastfeeding problems are quickly improved by consuming whole wheat.

5: Mention different shapes of Pasta ?

There are more than 600 pasta shapes world wide, the majority of the pasta shapes originated in Italy. Many types of noodles were created in Asian countries .

Penne –comes from the latin “penna” meaning feather or quill can be lisse (smooth) or regate (ridges)

Macaroni elbows - Can be topped with any sauce, baked, or put in soups, salads and stir-fry dishes.

Rotini ("Spirals" or "Twists") - Rotini's twisted shape holds bits of meat, vegetables and cheese, so it works well with any sauce

Jumbo Shells - Best when stuffed with your cheese, meat or vegetables

Bow Ties, Farfalle ("Butterflies") - Bow Ties brighten any meal with their interesting shape. Thick enough for any sauce, or make into a salad or soup

Spaghetti or "A Length of Cord" - Spaghetti Bolognese – The UK and USA's favourite pasta dish.

6:How to Preserva pasta?

If **pasta** noodles not cooking properly, let them dry on a baking sheet for 1 to 2 minutes, dust well with flour so the strands will not stick together, and loosely fold them or form into small nests. Let dry for about 30 minutes more, then wrap and refrigerate for up to 2 days.

7: Why Pasta is so popular?

Pasta is a universally enjoyed food, and almost every country serves a type of noodle. Staple food item in America and Europe. The popularity of pasta can be attributed to several factors: it is easily manufactured The first industrial production of pasta occurred in Naples in the early 15th century.

The modern word ‘macaroni’ derives from the Sicilian term for making dough forcefully. At that time, pasta dough was often kneaded with the feet for a significant amount of time.

8: What are the Different types of pasta is generally Made?

Types of pasta,

- Dried, Frozen, Short, Shaped ,Fresh, Long, Sheet forms are made.

Pasta comes in different textures and shapes and so it needs to be cooked or boiled differently.

9: Mention the different forms pastas are available, what are they?

Pasta available in two forms, ie Fresh and dry forms.

1: **Fresh pasta** is best served with delicate sauces where the texture of the pasta can take front stage. Fettuccine Alfredo is a whole new experience with fresh pasta, no question!

2: **Dry pasta** is made from finely ground semolina flour and water (no egg, usually) that is mixed into a paste, pushed through molds, and cut into the multitude of pasta shapes.

Unlike fresh pasta, this pasta is dried at a low temperature for several days until all the moisture has evaporated, allowing it to be stored almost indefinitely.

10: Write notes on Macaroni?

Macaroni is a variety of dry pasta, originating from Italy in the shape of narrow tubes, generally made with durum wheat, usually without egg. It is normally cut in short lengths; if cut in lengths with a curve it is usually called elbow macaroni. Some home machines can make macaroni shapes, but, like most pasta, macaroni is usually made commercially by large-scale. The curved shape is caused by different speeds on opposite sides of the pasta tube as it comes out of the machine. In North America, macaroni is most often made in elbow shape.

The name comes from the Italian *maccheroni*, plural form of *maccherone*.

11: What are the Raw Materials used for Manufacture of pasta.?

Raw Materials

Pasta is made from a mixture of water and semolina flour. Semolina is a coarse-ground flour of durum wheat high protein hard wheat that is grown specifically for the manufacture of pasta.

Eggs are sometimes added to the mixture for color or richness. Vegetable juices, such as spinach, beet, tomato, and carrot, can also be added for color and taste. Addition of herbs and spices such as garlic, basil, and thyme has become popular in recent years.

12: What is general method used in Pasta preparation?

- Three steps involve in pasta making,
 - Mixing
 - Processing
 - Extruding

General method of pasta preparation

Mixing and kneading



Flavoring and coloring



Rolling



Pasteurization



Moldings & Cutting



Drying



Packaging

13: Write notes on Durum wheat

Pasta generally prepared from ,Durum wheat ,it belongs to the family:Poaceae and a species *T.durum*.

Family:Poaceae

Sub family: Pooideae

Genus: *Triticum*

Species: *T.durum*

Durum wheat or **macaroni wheat** (*Triticum durum* or *Triticum turgidum* subsp. *durum*) is the only tetraploid species of wheat of commercial importance that is widely cultivated today. It was developed by artificial selection of the domesticated emmer wheat , strains formerly grown in Europe .

Durum in Latin means "hard", and the species is the hardest of all wheats. Its high protein content, as well as its strength, make durum good for special uses, the most well-known being pasta. Durum wheat is used extensively in bread making. However, it is unusual in that, despite very high protein content, it is low in desirable gluten needed to form a glutinous web necessary for bread to rise. As a result, 100 percent durum wheat breads do exist.

14: Write notes on Commercially produced dry pasta, or pasta secca?

Commercially produced dry pasta, or pasta secca, is made almost exclusively from durum semolina.

Certain home made fresh pastas (pasta fresca), such as orecchiette, cavatelli, and malloreddus, also use

durum wheat, while others, such as tagliatelle, use only soft wheat, often "00," or a combination of soft and hard wheat's.

In the American Great Plains, durum wheat is used almost exclusively for making pasta products such as spaghetti and macaroni. In the Middle East and North Africa, local bread-making accounts for half the consumption of durum. Some flour is even imported.

15:How fresh pasta made?

Now a day's pasta making machine also called pasta makers is used. Ingredients to make pasta dough include semolina flour, egg, salt and water. Flour is first mounded on a flat surface and then a well in the pile of flour is created. Egg is then poured into the well and a fork is used to mix the egg and flour. There are a variety of ways to shape the sheets of pasta depending on the type required. The most popular pasta and shape include penne, spaghetti and macaroni.