



**GOOD
FOOD**

S T O R E

1600 S. 3rd. St. West
Missoula, MT 59801
406-541-FOOD (3663)

How to Prepare Bulk Pasta Varieties

For most pasta found in the Good Food Store bulk department, one pound pasta boiled in 4 to 6 quarts of water will yield approximately 6 to 8 servings. Pasta should be cooked until “al dente,” or flexible but slightly firm, and should never be overcooked.

Bowties, Vegetable

Code 1901

Bring water and 2 teaspoons salt to a boil. Add 2 teaspoons olive oil, if desired. Add pasta and stir until the water returns to a boil. Boil uncovered for 3 minutes or until pasta is al dente. Drain and serve.

Corkscrews, Vegetable

Code 1939

Bring water and 2 teaspoons salt to a boil. Add 2 teaspoons olive oil, if desired. Add pasta and stir until the water returns to a boil. Boil uncovered for 3 minutes, or until pasta is al dente. Drain and serve.

Egg Noodles

Code 1902

Bring lightly salted water to a boil. If desired, add 2 teaspoons olive oil. Add pasta and stir until water returns to a boil. Boil 8 to 10 minutes, or until pasta is al dente. Drain and serve.

Elbows

(whole wheat or semolina)

Codes 1911, 1915

Bring lightly salted water to a boil. If desired, add 2 teaspoons olive oil. Add pasta and stir until water returns to a boil. Boil 8 to 10 minutes, or until pasta is al dente. Drain and serve.

Fettuccine & Spinach Fettuccine

Code 1900, 1919

Bring salted water to a boil. Add 2 teaspoons olive oil. Add pasta and stir until the water returns to a boil. Boil uncovered for 3 minutes, or until pasta is al dente. Drain and serve.

Lasagna

Code 1905

Bring lightly salted water to a boil. Add 2 teaspoons olive oil. Add lasagna and stir gently until water returns to a boil. Boil for 5 minutes. Turn off heat, cover pot and let steep for another 5 minutes. If preparing a lasagna dish, drain noodles, rinse with cold water and reserve in cold water until ready to use.

Linguini

Code 1907

Bring lightly salted water to a boil. Add a splash of olive oil. Add pasta and stir until the water returns to a boil. Boil uncovered for 3 minutes, or until pasta is al dente. Drain and serve.

Little Dreams (brown rice)

Code 1904

Bring 4 quarts (3.78 liters) of water and 1 tablespoon salt to a boil. Add 1 lb. of pasta. Stir occasionally and cook for 14-16 minutes until al dente. Rinse with cold water. Drain well. For best results, rid pasta of surface moisture.

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Neptune's Dream

Code 1912

Add pasta to lightly salted boiling water. Stir. Boil 7 to 8 minutes, or until pasta is al dente. Drain and serve.

Orzo (semolina or vegetable)

Codes 1929, 1903

Bring lightly salted water to a boil. Gradually place 1 pound orzo in water. Begin checking pasta to see if it is done after 4 minutes. Drain and serve.

Vegetable Pagodas (wheat free quinoa)

Code 1906

Bring lightly salted water to a boil. Add a splash of olive oil, if desired. Add pasta and stir until the water returns to a boil. Boil uncovered for 3 minutes, or until pasta is al dente. Drain and serve.

Wizards Reply Pasta

Code 1910

Bring lightly salted water to a boil. Add pasta. Stir and boil 7 to 8 minutes, or until pasta is al dente. Drain and serve.

Penne (semolina, whole wheat or brown rice)

Codes 1913, 1933 or 1934

Bring lightly salted water to a boil. If desired, add a splash of olive oil. Add pasta and stir until water returns to a boil. Boil 3 minutes, or until pasta is al dente. Drain and serve.

Pasta Potpourri

Code 1931

Bring salted water to a boil and add pasta. Stir until the water returns to a boil. Boil uncovered for 3 minutes, or until pasta is al dente. Drain and serve.

Ribbons, Parsley Garlic

Code 1916

Bring lightly salted water to a boil. If desired, add 2 teaspoons olive oil. Add pasta and stir until water returns to a boil. Boil 5 to 8 minutes, or until pasta is al dente. Drain and serve.

Quinoa Rotelli & Elbows

Code 1937 & 1938

Bring lightly salted water to a boil. Add a splash of olive oil, if desired. Add pasta and stir until the water returns to a boil. Boil uncovered for 3 minutes, or until pasta is al dente. Drain and serve.

Rotelli

Code 1917

Bring lightly salted water to a boil and add rotelli. Boil 6 to 8 minutes, or until pasta is al dente. Drain and serve.

Shells (spelt or vegetable)

Codes 1909, 1918

Bring water and 2 teaspoons salt to a boil. Add 2 teaspoons olive oil, if desired. Add pasta and stir lightly until water returns to a boil. Boil 7 to 8 minutes, or until pasta is al dente. Drain and serve.

Soba

Code 1908

Place 1/2-pound of noodles in 8 cups rapidly boiling water. Stir to separate. Cook 5 minutes or until tender. Rinse in cold water. To reheat, submerge briefly in hot water or broth.

Spaghetti

(whole wheat, semolina, brown rice or spelt)

Codes 1924, 1920, 1935, 1923

Bring water and 2 teaspoons salt to a boil. Add 2 teaspoons olive oil, if desired. Add pasta and stir until the water returns to a boil. Boil uncovered for 5 to 8 minutes, or until pasta is al dente. Drain and serve.

Twists (spinach)

Codes 1932

Bring lightly salted water to a boil. Add pasta. Boil 8 to 10 minutes, or until pasta is al dente. Drain and serve.

Tortellini, Tri-Color with Parmesan

Code 1941

Bring lightly salted water to a boil and add pasta. Boil for 10 minutes, stirring occasionally. Remove from heat and allow pasta to sit for 2 to 3 minutes. Drain and serve.