

GOLD STANDARDS

Cook Times

WHOLE GRAIN-RICH PASTA



Healthy, whole grain-rich pastas pass the test! Use these preparation guidelines to increase menu variety and improve student acceptance. The following cook times and tips were tested on USDA Foods, as well as branded products, in partnership with Education Service Center Regions 10, 11, 13 and 20.

	Stovetop	Tilt Skillet with perforated pan	Tilt Skillet ¹ without perforated pan	Steamer ²
Spaghetti	7 minutes	7 minutes	6 minutes	10 minutes
Macaroni	7 minutes	6-7 minutes	5 minutes	7-8 minutes
Penne	9 minutes	7 minutes	6 minutes	10 minutes
Rotini	7 minutes	8-9 minutes	7 minutes	12 - 14 minutes

¹ Add two minutes drain time to listed cook time.

² Prepare 2 lbs pasta in 4 qts water in 4-inch hotel pan. See Best Practice Sheet for more cook details.

General Cooking Tips

- ✓ Batch cook pasta whenever possible.
- ✓ Drain pasta as quickly as possible to reduce overcooking.
- ✓ Avoid cooking multiple batches of pasta in the same cooking water.
- ✓ If pasta is cooked in hotel pans in the steamer or oven, use warm to hot tap water instead of cold water.
- ✓ Gently toss cooked pasta that will be held with 1 Tbsp of oil per pound of pasta.
- ✓ Hot hold pasta (tossed with oil) separate from pasta sauces whenever possible.
- ✓ Limit length of time cooked pasta is hot held in order to preserve quality. One hour is the recommended maximum amount of time to hot hold pasta.



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