

PROCHEF® 1

Pasta Course

 Subject Count: **1**

 Lesson Count: **6**

SUBJECT: 1

Introducing Pasta

LESSONS

Pasta Components and Theory

LEARNING OUTCOMES

- Learners can explain a brief history of pasta.
- Learners can explain the components of pasta.
- Learners can explain the result of using different flours to make pasta.
- Learners can explain the difference between well- and poorly-made pasta.
- Learners can explain the difference between fresh and dried pasta.

Making Fresh Pasta

- Learners can list the equipment needed to make fresh pasta.
- Learners can explain the steps of making fresh pasta.
- Learners can explain the quality requirements of well made pasta.

Rolling, Filling and Cutting Pasta

- Learners can describe lasagne, spaghetti, linguine and tagliatelle.
- Learners can explain how to make ravioli, tortellini and cappelletti.
- Learners can practice preparing lasagne, spaghetti, linguini, tagliatelli, ravioli, tortellini and cappelletti.

Cooking Pasta

- Learners can explain the mise en place for pasta.
- Learners can explain the steps of cooking fresh unfilled pasta.
- Learners can explain the steps of cooking fresh filled pasta.
- Learners can define 'al dente'.
- Learners can explain how to identify the quality standards of al dente pasta.
- Learners can practice preparing and assessing the quality of pasta.

Serving and Garnishing Pasta

- Learners can explain attractive ways to plate unfilled and filled pasta.
- Learners can list popular sauces for unfilled and filled pasta.
- Learners can describe appropriate garnishes for different pasta dishes.
- Learners can practice plating and garnishing pasta dishes.

Holding and Refreshing Pasta

- Learners can explain how to hold pasta for service.
- Learners can explain how to blanch and refresh pasta.
- Learners can practice holding pasta correctly.
- Learners can practice refreshing pasta.

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