

Chapter 6

Pasta and Rice



Curried Rice

- 1 tablespoon onion, finely chopped
- 2 tablespoons butter or margarine
- 1/2 teaspoon curry powder, to 1 teaspoon
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups rice, cooked, hot
- 1/4 cup almonds, toasted
- 1/4 cup olives, chopped

Instructions

Cook and stir onion in margarine until onion is tender. Stir in curry powder, salt and pepper. Stir into hot rice. Sprinkle with almonds.

Recipe Notes

Source: Anne Hawes, Cottonwood High School

Egg Pasta

2 eggs
2 cups flour

Instructions

Beat eggs together in bowl. (Optional - One small jar of strained baby spinach or carrots can be added to pasta. If doing so, mix now with the eggs.)

Add 3/4 cup of flour to the eggs and mix together. (It is easiest to use your hands.) Continue to add flour until you have a dough that is not sticky. It may not be necessary to use the entire 2 cups of flour. (The amount of flour varies depending on whether or not you are making vegetable pasta or plain.)

Wash hands off so that you do not get dry mixture into your dough. Put dough out on pastry cloth and knead until it has a rough look but is smooth to the touch. Split into small balls and flour. Roll each small ball through the pasta roller/cutter on #1 twice. Flour again. Roll through once on #5 and #9 respectively. Flour again. Roll through the cutter of your choice. Lay out flat.

TIP: If you wish to prepare more than two servings, use one egg per person and approximately 1/2 to 1 cup of flour for each egg.

This pasta is laid out to dry overnight. It can also be used the day it is made. If a pasta-maker is not readily available, the pasta dough can be rolled-out on a floured surface very thin using a rolling pin and cut into 1/4 " strips. It can be made into various pasta dishes using a variety of sauces and methods.

Recipe Notes

Source: Shauna Flint, Syracuse Junior High
Food and Fitness, Food for Life

Fettuccini Alfredo

- 1 package cream cheese, (8 oz.), cubed
- 3/4 cup parmesan cheese
- 1/2 cup margarine
- 1/2 cup milk
- 8 ounces fettuccine, cooked

Instructions

In large saucepan, combine cream cheese, parmesan cheese, margarine and milk. Stir over low heat until smooth. Add fettuccine; toss lightly.

Recipe Notes

Source: Diane Thurman, Clearfield High School
Food Service/Culinary Arts

Fettuccini

- 1 tablespoon margarine
- 2 tablespoons cream cheese
- 1 1/3 cups milk, skim
- 1 cup egg noodles
- 1 tablespoon flour
- 1 clove garlic
- 1/2 cup parmesan cheese, shredded

Instructions

Put water in large (2 quart) saucepan. Bring to a boil, add a dash of salt. Add noodles. Cook about 8-10 minutes, or until noodles are soft. Drain noodles.

Melt margarine over low heat. Mince garlic clove and saute 1 minute in melted margarine. Stir in flour. Gradually add milk. Stir with wire whisk. Cook stirring constantly, 8 minutes or until thick.

Stir in cream cheese. Cook 2 minutes. Add parmesan cheese. Cook until melted. Serve over hot noodles.

Recipe Notes

Source: Marci Morgan, Irlene Utley, Shauna Osborne, Arlene Lloyd, Jordan High School

Food and Fitness, Food for Life, Food and Science

Fried Rice

- 2 eggs, scrambled
- 1/2 cup peas, cooked & drained
- 3/4 can ham
- 1/2 cup onion, chopped fine
- 3 cups rice, cooked

Instructions

Cook rice the day before and refrigerated so it is cold when it is added to the recipe.

Saute onion in a Wok, add cooked ham, vegetables, rice, scrambled eggs, soy sauce to taste and salt and pepper.

Other vegetables can be added such as, bean sprouts, celery and carrots.

Recipe Notes

Source: Linda, Keeler, Hurricane High School
Foods for Fitness

Fried Rice - Bacon

- 1 cup water
- 1/4 teaspoon salt
- 1 cup instant rice
- 3 slices bacon
- 1 egg
- 1 serving onion
- 1 serving pepper
- 1 serving celery
- 1 serving carrot
- 1 serving broccoli
- 1 serving peas
- 1 serving mushrooms

Instructions

Bring water to a boil. Add salt and instant rice. Cover and remove from heat. Let stand at least 5 minutes, without looking into pan.

Cut 3 strips of bacon (with shears) into small pieces. Fry bacon in stir-fry pan and remove from pan. Leave only 1-2 tablespoons grease in pan and save the rest in case it is needed.

Saute onions, peppers, celery, carrots and broccoli (all cut small). Add peas and sliced mushrooms. Saute.

Add rice and bacon. Cook and stir for 5-10 minutes.

Beat egg with a fork. Fry egg, turning once, in a small frying pan that has been sprayed with vegetable spray and preheated. Cut into strips and add to rice mixture.

Season with soy sauce.

Recipe Notes

Source: Diane R. Anderson, East Food and Fitness

Fried Rice - Chipped Ham

- 1 green onion, sliced
- 1/2 package chipped ham
- 1 egg
- 1 cup minute rice, uncooked

Instructions

In sauce pan bring 1 cup water to boil, then add 1 cup minute rice. Cover pan with a lid and allow to sit until other ingredients are ready.

In a frying pan place a small amount of oil (size of a quarter) and sliced onions. Saute. (Medium heat)

Add chipped ham cut into small pieces.

Add egg, scramble.

Add cooked rice, allow time to let it fry then add soy sauce to taste.

Recipe Notes

Source: Anita Jolley, Cedar Middle School
8th Grade Life Skills

Fried Rice - Diced Ham

- 2 cups rice, instant
- 4 green onions, minced
- 4 ounces ham, diced, 1/4 inch cubes
- 2 tablespoons soy sauce
- 2 eggs, beaten slightly

Instructions

Bring 2 cups water to a boil in a medium saucepan.

Stir in rice and cover. Remove from heat. Let stand 5 minutes. Fluff lightly with fork.

Add 1 tablespoon oil to hot wok. then add rice, ham and onions. Stir fry until mixed slightly (about 30 seconds).

Add soy sauce. Stir and cook until all the rice looks the same color (30 seconds to 1 minute)

Add the beaten eggs and stir until the egg is cooked. (The egg will be mixed in with the rice mixture)

I use this as one recipe in a small appliance lab of 4 recipes. The other labs recipes are: chocolate waffle drops, chocolate swirl ice cream and apple crisp.

Recipe Notes

Source: Jodi Willson, San Rafael Junior High School
TLC, 8th Grade Life Skills, Food Service/Culinary Arts

Fried Rice - Ham

- 1 cup rice, instant
- 1 cup water
- 1 green onion, chopped
- 1 egg
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1 slice ham, precooked and chopped
- 1 tablespoon margarine
- 1 tablespoon soy sauce
- 1 dash pepper
- 1 tablespoon vegetable oil

Instructions

Place instant rice and water into a glass casserole dish. Cover with lid and microwave on high for 4 minutes. Let stand for 3 minutes or until water is absorbed. Fluff with a fork.

Melt the margarine in a frying pan on medium heat. Beat the egg, salt, pepper and garlic powder with a fork in a small bowl until it is well mixed. Pour the egg mixture into the frying pan. Scramble 2-3 minutes until it is cooked. Put it on a plate to cool. In the frying pan, heat the oil. Sauté the onions and the ham in the frying pan until they look done. Add the rice and scrambled egg. Cook and stir until the rice is heated through. Add the soy sauce and mix well.

Recipe Notes

Source: Karrie Myers, Mount Logan Middle School
8th Grade Life Skills

Fried Rice - Lora's

- 3 cups rice, any kind cooked
- 2 tablespoons soy sauce
- 1/4 cup onion, chopped
- 1/4 cup ham, diced precooked pieces
- 1/2 cup cabbage, shredded
- 1/3 pound ground pork, unseasoned
- 1/3 cup carrot, finely chopped
- 1 egg
- 1/4 cup green peppers, chopped

Instructions

In a frying pan brown pork (may use ground beef) until completely cooked and drain off most of grease.

Remove the meat and scramble the egg in the drippings.

Remove the egg and put 1/4 cup water in pan with the vegetables.

Add the rice, meat, soy sauce and egg and heat until warm and a little brown, serve.

Recipe Notes

Source: Lora Thompson, Centennial Middle School
TLC

Fried Rice - With Brown Rice

- 2/3 cup brown rice, cooked, cold
- 1/3 cup white rice, cooked, cold
- 1/4 onion
- 2 carrots
- 1/3 cup peas, frozen
- 4 mushrooms
- 1 egg
- 1 tablespoon vegetable oil

Instructions

Cut onion, carrots and mushrooms into slices.

Put 1 T. oil into a non-stick fry pan and heat on medium heat, then add onions and stir with a wooden spoon until tender about 4 minutes.

Add the carrots, peas, and mushrooms to the pan and continue stirring for 3 more minutes.

Add both kinds of rice to the pan and continue stirring gently until the rice is slightly fried. Season with salt, pepper and onion salt.

Place the fried rice on a plate.

Crack the egg and beat with a fork until the yolk breaks.

Pour egg into the frying pan and scramble. Add rice mixture back into the pan and stir gently.

Cooked ham or chicken can also be added to this dish.

Recipe Notes

Source: Jane Parker, Ecker Hill Middle

Life Skills

Macaroni And Cheese

- 6 cups water
- 1/2 teaspoon salt
- 1 1/2 cups macaroni
- 2 tablespoons margarine
- 1 cup milk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup processed cheese

Instructions

Bring water and 1/2 teaspoon of salt to a boil. Add macaroni gradually so water continues to boil. Boil uncovered stirring occasionally, until tender about 9-10 minutes. Drain macaroni in a colander and rinse in hot water if desired. (Rinsing washes away some starch, vitamins and minerals.) Return to pan or put into a bowl.

While macaroni is cooking, make cheese sauce.

Sauce - Cook and stir minced onion (optional) and margarine over low heat until margarine is melted and onion is slightly tender. Blend in flour to make a paste; stir until mixture is smooth and bubbly. Slowly stir in milk using a wire whip. Heat to boiling point, stirring constantly. Reduce heat; stir and cook one minute after mixture begins to boil. Remove from heat. Stir salt and pepper (can use white pepper) and grated cheese into the hot milk mixture; continue stirring until the cheese is melted. You can use up to 1/2 cup of grated cheese if desired. Stir cheese sauce into macaroni.

If desired, place macaroni mixture into baking dish (sprayed with baking spray). Bake at 375 degrees for 10-15 minutes, until hot and flavors are blended.

Recipe Notes

Source: Louise Chamberlain, Woods Cross High
Food and Fitness

Manicotti Bake

- 1 pound ground beef
- 1/4 cup onion, minced
- 1 tablespoon olive oil
- 1 can tomato paste, small
- 2 cans water, use paste can to measure
- 2 cans tomato sauce
- 1 package spaghetti, seasoning mix
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon sugar
- 12 manicotti shells
- 1 pound cottage cheese
- 1/2 pound mozzarella, shredded

Instructions

Saute beef and onion in olive oil; add tomato paste, water, tomato sauce, spaghetti seasoning mix, oregano, salt, pepper and sugar. Simmer for 30 minutes.

Boil manicotti in salted water for 5 minutes, drain well. Place on paper towels.

Combine cottage cheese and mozzarella cheese; fill shells.

Place in shallow casserole; cover with sauce.

Bake at 325 degree oven for 30-35 minutes.

Sprinkle with parmesan cheese before serving.

Recipe Notes

Source: Chris Carrigan, Morgan High School
Foods for Life

Noodles - Homemade

- 1 egg
- 1 1/2 teaspoons oil
- 1 1/2 teaspoons water
- 1/4 teaspoon salt
- 1/2 cup flour
- 1 quart chicken broth
- 1 carrot
- 1 stalk celery
- 1 tablespoon chicken bouillon

Instructions

Day 1:

(Using this recipe, each student will make their own noodles.)

Combine egg, oil, water, salt and flour in a small mixing bowl. Mix with a fork. Add a small of flour to mixture if necessary in order to make a stiff dough.

Knead 8 minutes. Let sit for 15 minutes. Cut into noodles. Place on tray covered with wax paper. Cover with clean dish towel.

Day 2:

Peel and chop carrot. Wash and chop celery. Add to boiling chicken broth. Add noodles.

Make sure the broth continues to boil gently.

Cook until noodles are done.

You can add yellow food coloring

Recipe Notes

Source: Vera Clark, East Carbon
8th Grade Life Skills, Food for Life

Noodles - Homemade Egg

- 1 cup flour
- 2 tablespoons egg yolks
- 2 tablespoons eggs, whole
- 1/2 teaspoon salt
- 3 tablespoons water

Instructions

Measure flour into bowl, make a well in the center and add egg yolks, whole egg, and salt.

With clean hands thoroughly mix egg into flour.

Add water, 1 tablespoon at a time, mixing thoroughly after each addition.

Add only enough water to form dough into a ball.

Turn dough onto well floured board, knead until smooth and elastic, about 10 minutes. Cover and let rest 5-10 minutes.

Divide dough into 2 equal parts. Roll dough, 1 part at a time, into paper thin rectangle, keeping remaining dough covered. Roll rectangle round rolling pin, slip out of rolling pin and cut crosswise into 1/8 inch strips for narrow noodles and 1/4 inch strips for wide noodles. Or, use Noodle Maker Machine to roll and cut noodles.

Place noodles on a dry towel on a large cookie sheet to dry. Noodles can be twisted for crinkly noodles.

Make about 2 cups.

Add noodles to hot soup and heat to boiling. Reduce heat and simmer 10 minutes or until noodles are tender.

(Can use with Soup - Chicken Noodle recipe)

Recipe Notes

Source: Louise Chamberlain, Woods Cross High School

Food for Life, Food and Fitness

Noodles - Sesame

- 8 ounces egg noodles
- 1 carrot
- 1 stalk celery
- 3 green onions
- 1/2 cup bean sprouts
- 1 tablespoon vegetable oil
- 1/3 cup chicken broth
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 1/2 teaspoon sesame oil

Instructions

1. Cook noodles in large amount of boiling water until tender; drain. Rinse with cold water. Drain noodles well and set aside.
2. Cut carrot into thin matchsticks. Dice celery and green onions. Rinse the bean sprouts.
3. In a small bowl, combine the chicken broth, oyster sauce, soy sauce and sesame oil. Set aside.
4. Heat 1 Tbsp. cooking oil in wok. Add vegetables and stir-fry until tender-crisp. Remove from wok and add the sauce. Cook until bubbly. Add the noodles and vegetables. Stir-fry until thoroughly heated.

Recipe Notes

Food and Fitness, Food for Life

Pasta Shells

- 8 jumbo macaroni shells, about 4 oz.
- 1/2 pound ricotta cheese
- 2 ounces mozzarella, grated
- 1 egg
- 2 saltine crackers
- 3/4 teaspoon parsley, dried
- 1/4 teaspoon salt
- 1 cup spaghetti sauce, meatless
- 2 tablespoons parmesan cheese, grated
- 1 dash pepper

Instructions

Fill a saucepan two-thirds full of water and bring to a rolling boil. Gently add shells and stir immediately to prevent sticking. Boil uncovered 12 to 15 minutes stirring occasionally. Use slotted spoon to remove shells from water. Place on paper towel to drain and cool.

While the pasta is cooking, combine ricotta cheese, mozzarella cheese, egg, crackers, parsley, salt and pepper in a bowl. Mix thoroughly.

Spoon filling into cooked shells. Cover the shells with spaghetti sauce. (Sauce can be drizzled over shells for an attractive presentation.) Sprinkle parmesan cheese over shells.

Bake 15 to 20 minutes or until warmed through.

Recipe Notes

Source: Janet Maw, Skyview High
Janet Froh, Riverview Jr. High
Food and Fitness / Food for Life

Pasta With Carbonara Sauce

- 4 eggs
- 1/4 cup butter or margarine
- 1/4 cup whipping cream
- 1/2 pound bacon, cut up
- 1 pound fettuccine, or spaghetti
- 1 cup parmesan cheese, grated, or 4 oz. Romano cheese
- 1/4 cup parsley, snipped

Instructions

Melt the butter, add cream and eggs, mix well and simmer over low heat until thoroughly cooked.

In a skillet cook bacon till brown. Remove bacon and drain on paper toweling. Heat an ovenproof serving dish in 300 degree oven.

Add pasta to a large amount of boiling salted water. Cook 10-12 minutes or till tender but not firm, drain well.

Turn hot pasta into the heated serving dish, toss pasta until covered with butter. Pour egg mixture over and toss till pasta is well coated.

Add bacon, cheese, parsley, toss to mix.

Season to taste with pepper.

Serve immediately.

Recipe Notes

Source: Chris Carrigan, Morgan High School
Food for Life

Pastae Fagoli

- 1 pound ground beef
- 1 onion, chopped
- 4 cups beef broth
- 28 ounces tomatoes, crushed or diced
- 16 ounces kidney beans, drained
- 16 ounces red beans, drained
- 1 cup carrot, julienned
- 1 cup celery, diced
- 1/2 teaspoon basil
- 2 large garlic, minced
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 teaspoon oregano
- 1/2 teaspoon marjoram, dried
- 2 tablespoons parsley
- 1 cup macaroni, soup

Instructions

Brown ground beef and onion together.

Then add the rest ingredients, saving macaroni until last.

For more taste double the spices.

Recipe Notes

Source: Jaralee Wettstein, Layton High School
Food Service/Culinary Arts

Rice Pilaff

- 1 cup uncooked long-grain rice
- 1/2 onion, chopped
- 1/4 cup butter or margarine
- 2 1/4 cups water
- 2 chicken bouillon cubes
- 1 1/2 teaspoons parsley flakes
- 4 tablespoons slivered almonds, toasted

Instructions

Saute rice and chopped onion in butter or margarine in skillet until rice is golden. Place bouillon cubes in 2 cups water and boil until cubes are dissolved. Combine with parsley and bouillon; pour into a greased 1-quart casserole dish.

Cover; bake at 350 degrees for 30 minutes or until all water is absorbed. Uncover at once.

To serve, fluff up rice with fork; spoon onto serving dish and sprinkle with toasted almonds.

Serve with lemon chicken kabobs.
(See Chicken - Lemon Kabobs recipe)

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

Savory Rice And Vegetables

- 1/2 cup uncooked long-grain rice
- 2 tablespoons vegetable oil
- 1/2 cup water
- 1 chicken boullion cube
- 1/2 teaspoon paprika
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup broccoli florettes
- 1/2 cup black olives, pitted
- 2 tablespoons green onions, chopped
- 1 tablespoon fresh parsley, chopped
- 1/2 medium tomato, cut in small wedges
- 1/2 medium green pepper, cut into strips
- 2 summer sausages, cut in slices

Instructions

In an 8 or 10-inch skillet combine the rice and oil. Cook over medium-low heat, stirring occasionally, until rice is browned (5-8 minutes). Stir in water, bouillon, paprika, salt and pepper. Cover, continue cooking until liquid is absorbed (15-20 minutes). Meanwhile, in a large bowl, stir together the remaining ingredients. Pour into skillet with rice, stir to evenly distribute. Cover skillet and cook for another 5-10 minutes or until vegetables are just tender crisp and sausage is heated through.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

Spinach Pasta

- 1 teaspoon olive oil
- 1/2 teaspoon garlic, (1-2 cloves)
- 2 cans Italian style stewed tomatoes
- 1 pound spinach, frozen
- 1 pound rigatoni
- 2 cups mozzarella, shredded

Instructions

Boil the pasta for approximately 14 minutes (until tender). In a fry pan simmer the stewed tomatoes, spinach, garlic and olive oil for approximately 14 minutes (while the pasta cooks).

Grate the mozzarella cheese.
Combine the sauce with the pasta.
Sprinkle the cheese on top.
Serve.

Recipe Notes

Source: Brighton High

Wild Rice With Sweet Orange Sauce

- 2 1/3 cups water
- 1 tablespoon butter
- 1 box long-grain brown rice, or white, 16 oz.

Instructions

Combine water, butter and rice in a saucepan. Bring to a boil. Cover tightly and reduce heat to simmer. Simmer until all of the water is absorbed about 25 minutes.

Sweet Orange Sauce

Combine 2 oz. thawed frozen orange juice concentrate, undiluted, 1 T. orange marmalade and 3 t. steak sauce in a sauce pan. Cook over medium heat, stirring occasionally until it boils. Set aside. Pour over prepared wild rice before serving.

Recipe Notes

Source: Tami Rauzi, Northridge High