

**CEREALS AND PASTA PRODUCTS No.E 004 00**  
**BOILED PASTA**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
207 cal	41 g	7 g	1 g	0 mg	292 mg	16 mg

**Ingredient**

WATER  
 SALT  
 OIL,SALAD  
 SPAGHETTI NOODLES,DRY

**Weight**

66-7/8 lbs  
 2-1/2 oz  
 1-7/8 oz  
 12 lbs

**Measure**

8 gal  
 1/4 cup 1/3 tbsp  
 1/4 cup 1/3 tbsp  
 3 gal 1 qts

**Issue**

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Slowly add pasta while stirring constantly until water boils again. Cook according to times in Note 1; stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly.

**Notes**

- 1 Macaroni or egg noodles should cook for 8 to 10 minutes; spaghetti for 10 to 12 minutes; vermicelli for 7 to 10 minutes.
- 2 When held on steam table, mix 1 tablespoon salad oil with pasta in each steam table pan to prevent product from sticking together.
- 3 To reheat pasta before serving, place desired quantity in a wire basket; lower into boiling water 2 to 3 minutes. Drain well. Place in greased steam table pans.