Our Introduction to the World of Pasta

Does this sound familiar?

On top of spaghetti
All covered with cheese
I lost my poor meatball
When somebody sneezed.



It rolled off the table
And onto the floor
And then my poor meatball
Rolled out of the door.

It rolled in the garden
And under a bush
And then my poor meatball
Was nothing but mush.

The mush was as tasty
As tasty could be
And early next summer
It grew into a tree.

The tree was all covered
With beautiful moss
It grew great big meatballs
And tomato sauce.

So if you eat spaghetti
All covered with cheese
Hold on to your meatballs
And don't ever sneeze.

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Canned food was a form of preserving foods capable of long-term shelving as intended by Peter Durands patent in 1810. This proved a selected means of supplementing meals for the U.S. since WWII. Around 1928 in Ohio the Boiardi's transposed Italy's pasta into a canned dish of "beefaroni". The canning was a means of sharing Italian pasta and creating an eatable dish for market and consumption. It became a dependable food resource for soldiers through mass production. In later years, there was not just beefaroni, but, spaghetti and spaghetti with meatballs as longtime favorite quick meals, especially for kids. These items had become a cupboard staple along with canned vegetables of the American family since before the 60's.

The readymade products, in comparison to the time and expense it takes to prepare such a mean in the kitchen, was a welcomed addition for those less inclined to cook. Yet, there were those committed to preparing freshly made meals for their families which sparked a long-time interest in the purchase of dried pasta. Dried pasta, a direct path to 30 to 60-minute meals, was sold in many forms for a wide variety of dishes for American Italians and Americans who'd grasp onto the food contributions of Italy. As dried pasta was less expensive food item, it spirited the creation of versions of these dishes which simply required boiling the dried pasta products and adding cheese, seasonings and a flavored meat sauce traditionally of tomato base. Stock pots were readily full, at a reasonable cost, to almost feed a small army. This traditional meal influenced spaghetti cook offs, tomato sauce competitions, and generated the mystery of what mushroom, onion, or type of cheese could jazz up its taste.

It is still a wonderment in knowing the influence of pasta dishes began with the insurgency of millions of canned foods to help fill the belly's of people nationwide at a low production and per item cost. It was a healthy chance at constructing balanced meals and a sustainable businesses. This too coincided with the development of the "processed" foods industry. Ravioli and spaghetti O's with meatballs were famous quick eats along with a salad for a nutritious balanced meal. Visions of men and women swirling long strands of Pasta inside a large spoon, an acquired skill, sold on the truly Italian imagery of getting it right, eating pasta right though we'd come to know as kids that even our fingers make it a fun food each time. Meatballs or smashed burger meat only gave this traditional dish a heavier balance in our bellies to fullness. A sight clearly depicted since the early 1900's abroad and as a national pass time much later as an edge to media marketing and nutritional substance in promotion of product and healthy meals for families.

Inside this global phenomenon was the reality that though economical, though a tasty Italian food, and though readily accessible as a casualty of edible wars, pasta, specifically spaghetti, was considered a poor man's meal as it was a rare and coveted food during periods of famine and thence a staple in cupboards. Again, it was once an inexpensive item with an extensive shelf life which was most suitable for low income households. As a matter of fact, this dish is called "spaghetti alla puttanesca" in Italian and "Slutty spaghetti" in English terminology. As it was a working-class meal. The words themselves did not outlive the cultured taste that has been given to this style pasta over decades of collaboration and recipes. It is most disturbing to know that the delight most westerners have taken towards the choice in

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sauces and a gamut of ingredients for spaghetti is relative to 'puttana' or prostitute and is too profanity referencing 'garbage,' sh.....as dishy hodge podge.

Inside the storm of "Pasta Mania", a staple then recognized around the world, was an interesting truth as fact, "spaghetti" was deemed "unladylike" to partake of in public. I question the validity of that odd standard? We know it can be drippy and too messy. Yet, this could only have been so well before those famous commercials on the television, radio advertisements and pages in magazines were a means of marketing for pasta products. And true, there were a wealth of Pasta Tales that awaken our minds young and old to the acceptance of pasta noodles as an edible delight.

We also consume noodles, rice noodles, and dumplings, all of which are of their own distinctive quality and character ingredients. Noodle is a more broad-based term as they can be comprised of a variety of flours whereas pasta is made from durum wheat. Some forms of noodles and dumplings are pasta while foods such as ravioli and gnocchi are categories which are independent from pasta.

In time, as our attention turned towards not just balanced meals, but those offering us the healthiest biological reward, using pasta as a staple meant within its best plausible “nutritious and nutritive" form. This gave reason to urging families toward consuming freshly prepared foods with healthy additives. This lent value to chef's and family cooks preparing and roll their own freshly mixed dough. This condensed the processed food industry and gave open economic gains for sales of the "natural" ingredients while riding upon the coattail of eating and becoming healthier. Can food was found to loose nutritive value, plausible exposure to can metal uptake, and other biological issues from consumption. For dieters, biological disease sufferers, freshly prepared meals were considered most suitable to sustain control of one's health.



A History

Pasta is a starch, a product derived from flour (carbohydrates) based and a combination of basic ingredients such as water or eggs. Its origin dates back to 400 BC as that of "durum wheat"(high protein) and developed in Italy as a dietary staple. The durum wheat gives pasta its firm texture.

Pasta is either dried or freshly prepared as sold in markets and has become a homemade food item globally. This is an outtake from the evolution of eating natural foods without the additives or unwanted exchanges of ingredients. Both dried and fresh pastas come in a variety of shapes and sizes dependent upon it's intended use. Shells for stuffing, spaghetti

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boils, soup spoonful or heaps of macaroni, there exist forms of pasta specifically for a multitude of dishes. Our modern society dictated the flavorization of basic pasta in use of vegetables such as spinach, squash, zucchini, herbs, spices, or an extension of sauces (pesto, light oil, tomato, cheese etc.) for meals.

The industrialization of watermills and stone grinders furthered the production of a pasta market. The first pasta market evolved in the city of Pest (Hungary) in use of steam machines then in 1884, the Zatka Brothers opened a plant (Bohemia) which became the second. "The Industry of Pasta," itself did not begin until the 1900's as the drying process (extraction) and extrusion (shaping) enabled greater production, longevity of shelf life, and safe exportation. And, the introduction of the tomato in the 16th century inspired the 17th century construct of tomato sauces in cooking towards the end of this century.

Fresh pasta is typically boiled in salt water until 'Al dente', soften to eat but firm to bite. Dried pasta is boiled with or without light oil until softened as it expectedly grows two times larger inside its pot. There is a wealth of cookbooks dedicated to the honor of tales of pasta preparation and recipes that make each piece taste great.

As a global food source, pasta has extended in use in variety and preparation methods that supplement meals or as the main dish for diverse cultures. This once inexpensive readily accessible good(s), offers a variation in use of flours forms, rye, barley, maize and other grains using the common egg to create a dough mixture. Also, it's mixture can be altered to address allergies or biological issues such as celiac disease.



Nutritive value for fresh and dried pasta

Light sauces and light oils with fresh additives such as mushrooms, tomatoes, onion, olives or seafood, upon fresh pasta ensure that the genuine flavor, as we consume it, is with each bite. Surrounded by broth, it can be combined with vegetables, beans, herbs and spices and other ingredients for soup dishes.

A serving of cooked, plain fresh pasta is about 168-184 calories, with roughly 32g of carbohydrates, 6.6g of protein, and 1.3-1.7g of total fat. It is a source of B vitamins, iron, and other minerals, though the exact nutritional content varies based on ingredients like eggs. It's important to consider the additions like sauces and meats, which can significantly increase the calories, fat, and sodium.

Typical nutritional breakdown (per 128g serving)

Calories: 168-184

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Carbohydrates: 32g Protein: 6.6g Total Fat: 1.3g Saturated Fat: 0.2g

Sodium: 7.7mg Cholesterol: 42mg (often higher if made with eggs)

Iron: 1.5mg Potassium: 31mg

Carbohydrates are the main source of calories in plain, cooked fresh pasta.

Fresh pasta is higher in cholesterol than dried pasta and the eggs in fresh pasta contributes to a higher cholesterol content compared to dry pasta.

Overall healthiness depends on the preparation: While fresh pasta on its own is a healthy source of carbohydrates, protein, and B vitamins, it can become less healthy depending on the sauces, cheeses, and meats that are added. fresh pasta at home allows you to control the amount of sodium and cholesterol, making it assumedly healthier

The option and commonality of enriching our food products using additives is standard for pasta both fresh and dried, as desired per corporation or chef. The simplicity of this process is in adding liquid, seasonings, or food additives which provide direct benefit to the nutritive value of the pasta itself to coincide with recipe ingredients. Items such as dried yeast, enriched flour, broth, oils, which have iron, niacin, riboflavin or thiamine are suggested. The use of milk or milk exchanges, eggs which add cholesterol, and grated vegetables into the dough base provide nutrition, color, and appeal to a wider variation on consumers. Beets, spinach, squash, and cheeses for stuffing are all means of broadening the value of pasta products and compliance to the FDA's standards and state statutes for the USDA.



Cost

To earn the gourmet texture and taste of fresh pasta, it cost a dough roller around $1-3 or more dollars per pound. This a long with the time and equipment necessary to supplement the option. Dried pasta imported to the U.S. is most economical for budgeted meals and extensive shelf life at a cost of $1-2 dollars per pound. Our imports come from primarily Italy, Turkey, China, South Korea and Thailand. The new tariffs impose a 92% for an "anti-dumping" duty for past produced by 13 Italian companies as the European Imports 15% tariffs. This plausibly reduced the volume of imports from Italian U.S. market contributors, our historically core distributors.

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Rich Pasta Dishes

Pasta is also referred to as a "comfort" food as it's many possible preparation styles, are full-filling, seasoned and cheesy. Stuffed Pasta Shells with meat, cheese and ricotta covered in white or red sauce, raviolis filled with spinach, squash, mushrooms, cheese and other vegetables for flavor and color and any style lasagna are warm and delicious meals that entice eaters to over-stuffing themselves. Those on diets and eating lightly typical benefit and fill-up with a variety of pasta salads for which vinaigrette or cream dressings are used.

Penne alla Vodka Known for its luscious and thick sauce, vodka sauce is one of the richest and most flavorful pasta toppers available. The vodka helps enhance the tomatoes' flavor notes.

Classic Lasagna A quintessential comfort food, lasagna is a rich, hearty, and deeply satisfying dish, typically made with layers of pasta, tomato sauce, cheese, and sometimes meat or eggs. Lasagna is believed to have been an upgraded meal mimicking "lagana" an ancient fried sheet of dough made from flour and thence layers of dough stuffed with meat other ingredients.

Cacio e Pepe is a Roman dish uses Pecorino Romano cheese, black pepper, and starchy pasta water to create a creamy sauce.

Cajun Chicken Pasta This dish is very rich and delicious, featuring a creamy sauce with flavorful Cajun spices and chicken. Its sumptuousness more than makes up for the calories.

Creamy Mushroom Pasta consists of a thick sauce and plenty of mushrooms for texture and flavor inside the seasoned thick cream.

Pasta Soups:

Lasagna Soup suspends classic lasagna ingredients of ground meat, tomatoes, Italian herbs, and cheese (often ricotta, mozzarella, and parmesan) with lasagna noodles in a rich, creamy broth.

Pasta e Fagioli is an Italian "pasta and bean" soup of robust tomato-based broth, white beans, various vegetables, and a short pasta shape, often with added sausage. It has been a featured item at restaurants such as the "Olive Garden" forever.

Creamy Tortellini offers us, cheese-filled tortellini in a tomato or chicken broth base that uses the flavor from savory sausage, spinach, and basil as fillers.

Beef Stroganoff comes as a creamy base from broth or pasta boil water, milk and flour with added beef, mushrooms and noodles or small pasta shapes.





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References

Wikipedia "Pasta"

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