

Food Lab #3 - Student Teams

Jamie Oliver's Classic Tomato Spaghetti with Lentils

History

The first written record of pasta comes from the [Talmud](#) in the 5th century AD and refers to dried pasta that could be cooked through [boiling](#),^[4] which was conveniently portable.^[5] Some historians think that Berbers introduced pasta to Europe during a conquest of Sicily. In the West, it may have first been worked into long, thin forms in [Sicily](#) around the 12th century, as the [Tabula Rogeriana](#) of [Muhammad al-Idrisi](#) attested, reporting some traditions about the [Sicilian kingdom](#).^[6]

The popularity of spaghetti spread throughout Italy after the establishment of spaghetti factories in the 19th century, enabling the [mass production](#) of spaghetti for the Italian market.^[7]

In the United States around the end of the 19th century, spaghetti was offered in restaurants as *Spaghetti Italienne* (which likely consisted of noodles cooked past [al dente](#), and a mild tomato sauce flavored with easily found spices and vegetables such as [cloves](#), [bay leaves](#), and [garlic](#)) and it was not until decades later that it came to be commonly prepared with [oregano](#) or [basil](#).^{[8][9][10]}

Ingredients

Spaghetti is made from ground grain (flour) and water.^[11] Whole-wheat and multigrain spaghetti are also available.^[3]

Video Clips to Help You Prepare **NOTE:** the recipes and amounts are not the same. You need to watch the videos to understand the process.

How to finely chop basil

<https://tinyurl.com/y8enuw4w>

How to finely chop a serrano pepper

<https://tinyurl.com/yaqzgznx>

What your final product will look like

<https://tinyurl.com/yafschk9>

How to boil spaghetti/pasta

<https://tinyurl.com/yawgwqkh>

How to set a table

<https://tinyurl.com/yc32zbfz>

How to wash the dishes

<https://tinyurl.com/lrjvvyx>

<http://tinyurl.com/n3q4fox>

Classic tomato spaghetti with Lentils

Yield = serves 4-5 cups

What's great about this recipe for beginner cooks is that once you've done it a few times you can add other simple ingredients to your basic tomato sauce to completely transform it. Check out session 1 episode 4 for how Jamie Oliver taught 1,000 people to cook this recipe in just 5 days. Check out the flash mob scene. <https://tinyurl.com/zl2mb8y>

Ingredients What do the abbreviations mean? Fill in the blanks

- 2 Tbs _____ olive oil
 - 1 tsp _____ of minced garlic
 - ½ of a fresh red/green chili serrano pepper
 - 3 leaves of fresh basil
 - 1 can (14.5 oz can) of chopped/diced tomatoes
 - ½ tsp _____ sea salt & ground black pepper
 - ½ c _____ cooked lentils
- ½ box (of a 13 oz box) of dried pasta

To prepare your pasta sauce – Head Chef

1. Finely chop your red/green chili. (don't touch eyes with the oil of the chili pepper on your hands)
2. Finely chop the leaves of the basil.
3. Put a large skillet pan on a medium heat (front large eye) on the range and add measured olive oil.
4. Add the minced garlic, finely chopped serrano pepper and basil and stir.
5. When the garlic begins to brown slightly, add the can of tomatoes (make sure you have wiped lid before giving it to Mrs. Creech open)
6. Turn the heat up high and stir for 1 minute.
7. Season with salt and pepper.
8. Turn down to simmer, add in your cooked lentils and stir around.
9. Turn off stove/range eye.
10. Pour pasta sauce over the cooked and drained spaghetti noodles in the large sauce pan.
11. Stir around and mix well.
12. Serve into plates with Sous Chef

After Reading the recipe list the kitchen tools you will need:

- S _____
- _____ cups & _____ spoons
- _____ board
- _____ to cut basil and pepper
- _____ to measure oil, salt & pepper over
- _____ spoon or _____ to stir in the skillet
- _____ to serve tomato basil spaghetti into plates

Others tools needed:

To cook your pasta – Sous Chef

Ingredients

What do the abbreviations mean? Fill in the blanks

- ½ box (of a 13 oz _____ box) of dried pasta
- 2 tsp _____ salt

COOKING DIRECTIONS

1. Bring water to a rapid boil. To add flavor and reduce stickiness, add salt (optional).
2. Add pasta and stir; return to rapid boil.
3. Cook uncovered, stirring occasionally.
4. Drain well. Serve as desired.

Perfect Pasta Guide			
Servings	Pasta	Water	Salt
2	1/3 box	2 qt.	1 tsp
3	1/2 box	3 qt.	2 tsp
6	Full box	5 qt.	1 Tbsp

Cook Time

al dente 7 min.	firm 8 min.	tender 9 min.
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1. Measure out 3 quarts (12 cups) of warm water and place in a large sauce pan.
2. Place large sauce pan on the back large eye on the stove/range, then add in salt.
3. Bring a large saucepan of water to the boil. add the dry pasta by breaking it in ½ as you place into the large sauce pan (remember ½ of the box – if you opened the box, the rest of the box if it was already opened when you got into your kitchen today) and cook according to the package instructions. - see above
4. Boil for the number of minutes written on the package. Don't let the water boil over saucepan. Turn heat down if this begins to happen. May want to stir around a couple of times as it boils.
5. Drain the cooked pasta in a colander, then transfer the noodles back into the large sauce pan.
6. Pour in the pasta sauce with lentils and stir well.
7. Divide the pasta/sauce entree between your team member's plates.
8. Place plates on the table.
9. Remind others to put napkin in lap.
10. Thank one another for all their work & Enjoy!

After Reading the recipe list the kitchen tools you will need:

- Large Sauce _____
- _____ cups
- _____ fork to stir pasta around
- _____ to measure over
- _____ to drain water out of pasta
- _____ to serve into plates

Others tools needed:

