

Cooking Macaroni, Noodles, and Spaghetti

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		2 gal 2 qt		5 gal	1. Add salt to boiling water.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Enriched elbow macaroni	1 lb 5 oz	1 qt 5/8 cup	2 lb 10 oz	2 qt 1 1/4 cups	2. Slowly stir in macaroni, noodles, or spaghetti until water boils again.
OR	OR	OR	OR	OR	
Enriched noodles, 3/4 inch or wider	1 lb 4 oz	3 qt 3 cups	2 lb 8 oz	1 gal 3 1/2 qt	3. Cook uncovered until tender-firm, about 10 minutes for macaroni, 8 minutes for noodles, and 12 minutes for spaghetti. DO NOT OVERCOOK.
OR	OR	OR	OR	OR	
Enriched spaghetti	2 lb 6 oz	2 qt	4 lb 12 oz	1 gal	4. Drain well.
					5. Pour into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					6. CCP: Hold for hot service at 140° F or warmer. OR CCP: Refrigerate within 2 hours. Hold at 40° F or colder.
					Portion with No. 8 scoop (1/2 cup).

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides the equivalent of 1 slice of bread.	25 Servings: 2 pans	25 Servings: 3 quarts 1/2 cup
	50 Servings: 4 pans	50 Servings: 1 gallon 2 1/4 quarts
	Tested 2004	

Special Tip:

To cook the day before: After draining, run under cold water 3 minutes. Let stand in strainer for 5 minutes. Toss with 1 oz oil for each pound of dry pasta.

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Grains/Breads

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A-19

Nutrients Per Serving

Calories	101	Saturated Fat	0.07 g	Iron	1.05 mg
Protein	3.42 g	Cholesterol	0 mg	Calcium	5 mg
Carbohydrate	20.30 g	Vitamin A	0 IU	Sodium	72 mg
Total Fat	0.48 g	Vitamin C	0 mg	Dietary Fiber	1.2 g