

LENTIL PENNE PREPARATION GUIDE

RECOMMENDED PREPARATION: BOIL

Optimal texture and performance¹

COOK TO SERVE

- **BOIL:** Using a large pot, boil 1 gallon water for every 1 lb dry pasta. Cook pasta 10-14 minutes (to desired tenderness). Turn down heat to reduce foaming and stir frequently, strain immediately, rinse, sauce and serve or hold hot at 145-165°F.

PAR-COOK

- **BOIL:** Using a large pot, boil 1 gallon water for every 1 lb dry pasta. Cook pasta 5-7 minutes (to desired tenderness) for batches 1-10 lbs (7-9 min for batches 10+ lbs). Turn down heat to reduce foaming and stir frequently, strain immediately, chill in ice bath, toss in oil and refrigerate.²

RE-HEAT

- **BOIL:** In large pot, boil 1 minute, strain immediately, sauce, serve or hold hot at 145-165°F in oil or sauce.

2. If chilling using refrigerator only, toss in oil and refrigerate on sheet pans in single layer.

CHEF TIPS

For all preparation methods

DO'S

- Use proper ratio of water to pasta:
 - 1 gallon water: 1 lb of dry pasta
- Leave enough head space ($\frac{1}{3}$ height of the pot)
- When boiling, stir frequently (more than traditional pasta)
- Reduce heat to minimize foaming
- Strain pasta immediately after cooking to avoid overcooked pasta
- Use proper ratio of sauce or oil to pasta when holding:
 - 2 cups sauce: 1 lb dry pasta
 - $\frac{1}{4}$ cup oil: 1 lb dry pasta
- Hold food at 145°F or slightly above

DON'T'S

- Use the fishing method to strain pasta
- Cook multiple batches in the same water
- Cook pasta in too little water
- Hold cooked pasta in hot water after cooking
- Overcook the pasta
- Microwave pasta from dry
- Freeze fully cooked pasta
- Soak pasta to rehydrate
- Don't hold hotter than 165°F.

RECOMMENDED HOLDING

Do not hold hotter than 165°F

HOT IN SAUCE

- Use 2 cups sauce for 1 lb dry pasta.
- Hold at 145-165°F for 1-1.5 hrs.

HOT IN OIL

- Use $\frac{1}{4}$ cup oil for 1 lb dry pasta.
- Hold at 145-165°F for 1-1.5 hrs (steamtable) or 2.5 hrs (hot cabinet).

HOT IN OIL + WATER

- Use $\frac{1}{4}$ cup oil + $\frac{1}{2}$ cup water for 1 lb dry pasta.
- Hold at 145-165°F for 1-1.5 hrs.

COLD

- Toss in oil.
- Hold in refrigerator at < 40°F. Do not store cooked pasta more than 6-inches high, to avoid crushed pasta.

Note: When holding in a hot cabinet first, pasta can be held for an additional 30-60 minutes on a steamtable.

1. Alternate preparation methods will produce acceptable pasta texture and performance. For optimal performance, use boil prep. Due to variations in kitchen equipment and operations, times may vary.

LENTIL PENNE ALTERNATE PREPARATION METHODS

Good texture and performance.¹

STEAM

COOK TO SERVE

- **STEAM IN HOT WATER:** Using a hotel pan, add enough **hot water²** (tap or Bunn) to cover pasta by ½-inch or more and stir. Steam, uncovered 21-24 minutes (to desired tenderness), strain immediately, rinse, serve or hold hot at 145-165°F in oil or sauce.
- **STEAM IN SAUCE & WATER:** Using a hotel pan, add **room temperature sauce + hot water²** (tap or Bunn), (1 lb dry pasta, 2 ½ cups sauce to 1 cup of water), steam uncovered 31-34 minutes (to desired tenderness), serve or hold hot at 145-165°F.

PAR-COOK

- **STEAM:** Using a hotel pan, add enough **hot water²** (tap or Bunn) to cover pasta by ½-inch or more and stir. Steam, uncovered 10-12 minutes (to desired tenderness), strain immediately, chill in ice bath, toss in oil and refrigerate.³

RE-HEAT

- **STEAM:** In a perforated pan, steam 30-90 seconds, sauce, serve or hold hot at 145-165°F in oil or sauce.

2. Use of cold water or perforated pans is not recommended for steaming, as it results in uneven cook.

3. If chilling using refrigerator only, toss in oil and refrigerate on sheet pans in single layer.

BAKE

COOK TO SERVE

- **IN WATER, COVERED:** In a hotel pan, combine 2 lbs pasta and 2 gallons hot water. Cover. Cook in a convection oven at 350°F for 28-35 minutes. Strain immediately, rinse, sauce and serve or hold hot at 145-165°F.
- **IN WATER AND SAUCE, COVERED:** In a hotel pan, combine 2 lbs pasta, 5 cups of sauce and 4 cups of hot water. Cover. Cook in a convection oven at 350°F for 28-35 minutes. Serve or hold hot at 145-165°F.

PAR-COOK

- **IN WATER, COVERED:** In a hotel pan, combine 2 lbs pasta and 2 gallons hot water. Cover. Cook in a convection oven at 350°F for 17-25 minutes. Strain immediately, chill in ice bath, toss in oil and refrigerate.

RE-HEAT

- **BAKE:** Add 5 cups of sauce to pasta, cover and place in convection oven at 350°F for 10-15 minutes. Serve or hold hot at 145-165°F.
- **STEAM:** In a perforated pan steam for 30-90 seconds. Add 5 cups of hot sauce, serve or hold hot at 145-165°F.

FREEZE

PAR COOK

- **BOIL:** Using a large pot bring 5 gallons water to boil, add 5 lbs pasta, cook for 5 minutes. Turn down heat to reduce foaming and stir frequently, strain immediately and chill in ice bath. Remove from ice bath and toss with 10 cups of room temperature or cold sauce. Portion into large muffin cups for individual portions or put all pasta in a full hotel pan and freeze for a minimum of 12 hours.

RE-HEAT

- **BAKE:** Cover pasta (individual portions or hotel pan) and place in convection oven at 350°F until internal temperature reaches 160°F, approximately 20 minutes for individual portions and 40 minutes for a full hotel pan. Serve or hold hot at 145-165°F.
- **STEAM:** Cover pasta (individual portions or hotel pan) and place in a steamer until internal temperature reaches 160°F, approximately 20 minutes for individual portions and 35 minutes for a full hotel pan. Serve or hold hot at 145-165°F.

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