Pasta the italian cuisine english language essay

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Topic
Health beneficial of pasta

Abstract

Pasta is a type of noodle which considered the traditional Italian cuisine which it first appearance is during 1154. It is also usually refer to the various kinds of pasta dishes. Pasta is made from unleavened dough of durum wheat

flour which then mixed with water and formed into sheets or differences shapes, then cooked and served in any number of dishes. Pasta can be made from flour and any other cereals or grains, and eggs may be used instead of water. Pasta may be categories into two which is dried and fresh pasta. Chicken eggs frequently act as the source of the liquid component in fresh pasta. Pasta is considered foodstuffs that are characterized by optimal ratio of basic nutrients. Therefore, pasta gives beneficial to human nutrition. Pasta is giving a daily presence in nutrition. It production can take place in industrial and artisanal conditions. The objective for this group dissertation is to investigate the health beneficial of pasta. This research is to know how pasta gives health benefit to consumer and what kind of benefits it will give. There are many kind of method have been used to carry out this research. One of the methods is using journal and the others method is gathering data in internet and also through books. There are 7 research questions have been used to carry out this research. The first research question is asking about the consumer preference to pasta. The second research question is about the location of consumer to eat pasta. The third research question is about the type of sauce consumer preferred in pasta. The forth research question is asking consumer about the cost of pasta they usually eat. The fifth research question is asking consumer opinion about the health beneficial of pasta. The sixth research question is about what kind of benefit pasta gives to consumer. The seventh research question is about the popularity of pasta in Malaysia. These 7 research questions are being asked randomly among people regardless of gender and races.

Research Question

There are 7 research questions have been used to carry out this research. The following question is about the research question that being used in this research. Do you like to eat pasta? This research question is used to ask about the consumer preference regarding pasta. Where can you eat pasta? This research question is used to ask about the location where consumer usually eats pasta. What kind of sauce do you like to eat with pasta? This research question is used to ask about the consumer preference regarding the sauce they like in pasta. What do you think about the cost of pasta? This research question is used to ask about the cost of pasta they usually eat. Do you think pasta is healthy? This research question is used to ask consumer about their opinion regarding the health benefit of pasta. What do you think about the health benefits from eating pasta? This research question is used to ask about what kind of health benefit can be obtain from pasta. What do you think about the popularity of pasta? This research question is used to ask about the popularity of pasta in Malaysia.

Objectives

The objective of this group dissertation is to investigate the health beneficial of pasta. This research is to know how pasta gives health benefit to consumer and what kind of benefits it will give to consumers.

Justification

Consumers nowadays have much more awareness regarding the food safety and nutrition of the food they consume. It is true that pasta become much more popular in Malaysia this day. Therefore, our group chooses pasta health

benefit as our main topic to discuss about. This is to share our knowledge about the pasta health benefit with others. The role of diet is important to prevent us from disease. Therefore, pasta is a perfect and healthy meal to consumers. Introduction of PastaTYPES OF PASTADelicious, healthy, quick to cook and, above all, economical – pasta really is the ultimate convenience food. Whether simply tossed with a sauce, fresh vegetables or salad ingredients, or combined as a dish and baked in the oven, pasta can be used as the base of countless fabulous meals. And because there are so many different types of pasta – fresh or dried, long or short, stuffed or flat – and so many ways of combining them, from the ultra-simple to the impressively sophisticated, there really is a pasta dish for every occasion. Of the many, many different types of pasta available, they can be divided into four main categories: long, short, flat and stuffed. In turn, these many be fresh or dried, with wholemeal varieties available in some shapes, and made of durum wheat flour and water, or with additional egg. They may also be coloured and flavoured with spinach (green), tomato (red), beetroot (pink), saffron (yellow), squid ink (black) and herbs. Fresh pasta is delicious, although not necessarily better than dried pasta – and many Italians will choose dried pasta over fresh for specific dishes. As a rule of thumb, buy the best pasta you can afford, as it will make all the difference to the final flavour and texture of the dish. pastaFigure 1 Different types of pastaLONG PASTAMost types of long pasta are sold dried, and some are also available fresh. They vary in length and may be sold in straight lengths, pressed into waves or coiled into nests. They are usually made from plain durum wheat. Those made with delicate egg pasta are usually sold coiled into nests. Most

long pastas suit smooth, creamy and clinging sauces. Common varieties

include:

● Bucatini

Resembling thick spaghetti, each strand is hollow. There is a thicker version

known as bucatoni. BucatiniFigure 2. 1 Bucatini

● Capelli d'angelo

Also called angel hair pasta, this very long, thin pasta is like delicate

vermicelli and is sold in nests. It is usually served with sauce, or in soup.

Capellid'angeloFigure 2. 2 Capelli d'angelo

● Fettuccine

Long, flat ribbons sold in nests. It may be plain, with egg or with spinach. It

can be used interchangeably with tagliatelle. FettuccineFigure 2. 3

Fettuccine

● Linguine

Resembling thin, flat spaghetti and used in the same way. LinguineFigure 2.

4 Linguine

● Pappardelle

Broad, flat noodles, often with a wavy edge. It often made with egg pasta

and is tranditionally served with meat and game sauces. PappardelleFigure

2. 5 Pappardelle

● Spaghetti

Probably the best known of all long pastas, these long, thin strings are good with ant sauce. Spaghettini has thinner strands. SpaghettiFigure 2. 6 Spaghetti

● Tagliatelle

Flat ribbon noodles sold in nests. It may be plain or with egg or spinach. TagliatelleFigure 2. 7 Tagliatelle

● Vermicelli

Fine pasta strands, sold coiled into nests. It may be plain or with egg and is good with light sauces. VermicelliFigure 2. 8 Vermicelli

SHORT PASTA

There are even more varieties of short pasta than there are long. They are widely available fresh and dried and may be plain, with egg, or flavorued and coloured. They are favoured by many for their versatility – suiting most sauces and being great in salads and baked dishes. Common varieties include:

● Conchiglie

Shell-shaped and available in many different sizes – from large ones for stuffing, medium ones for tossing with sauce and tiny ones for soup. ConchiglieFigure 3. 1 Conchiglie

● Farfalle

Little pasta bows, plain or flavoured with spinach or tomato. FarfalleFigure 3. 2 Farfalle

● Fiorelli

Pretty pasta tubes with a lacy edge. FiorelliFigure 3. 3 Fiorelli

● Fusilli

Spirals resembling tight springs, formed by wrapping dough around a thin

rod. FusilliFigure 3. 4 Fusilli

● Macaroni

Thick, slightly curved tubes of pasta. It is particularly popular served with

thick, creamy sauces and in baked dishes. MacaroniFigure 3. 5 Macaroni

● Pastina

Tiny pasta shapes for soup. They come in a fabulous array of shapes for

soup. They come in a fabulous array of shapes including stars, letters, tubes,

shells, bows, rings and squares. Larger ones are good for chunky soups such

as minestrone, while the tiniest are ideal for light broths. PastinaFigure 3. 6

Pastina

● Penne

Tubular pasta shapes with angled ends, resembling a quill. PenneFigure 3. 7

Penne

● Rigatoni

Ridged, chunky tubes used in the same way as macaroni. RigatoniFigure 3. 8

Rigatoni

● Rotelle

Shaped like tiny cartwheels, these are very popular with children.

RotelleFigure 3. 9 Rotelle

FLAT PASTA

There are many flat pasta ribbons (see long pasta, above), but there is really only one type of flat pasta sheet.

● Lasagne

Usually plain or flavoured with spinach, and available dried or fresh. The most commonly available varieties require no pre-cooking. The flat or ridged sheets may be layered with sauce and baked to make classic lasagna, or cooked then rolled around a filling and baked to make cannelloni.

LasagneFigure 4 Lasagne

STUFFED PASTA

Usually available fresh, but also dried, stuffed pasta is good served simply, tossed with butter or oil, or with smooth sauces. Common varieties include:

● Cannelloni

Dried pasta tubes for stuffing yourself, then covering in sauce and baking.

Cannelloni Figure 5. 1 Cannelloni

● Cappelletti

Little hat-shaped pasta shapes made from a square of pasta dough that has been filled, folded into a triangle, and the ends wrapped round to make a " brim". Traditionally eaten at Christmas in broth, but also good tossed with butter or sauce. Cappelletti Figure 5. 2 Cappelletti

● Ravioli

Usually square, these stuffed cushions of pasta may be large or small. Fillings may vary, to, with meat, fish, shellfish, cheese and vegetables all being popular. RavioliFigure 5. 3 Ravioli

● Tortellini

Similar to cappelletti in appearance, although larger and made with dough rounds rather than squares. Like ravioli, fillings are many and varied. TortelliniFigure 5. 4 Tortellini

COOKING PASTA

Pasta, whether fresh or dried, is incredibly simple to cook – as long as you follow there simple rules. 1. Always use a big pan with plenty of water. The pasta needs enough room to cook without sticking together. Allow about 5 litres of water for every 500g of pasta. If you're cooking less pasta, you should still use at least 2. 75 litres of water. 2. Add enough salt to the water: pasta cooked in unsalted water will give tasteless results. Allow 1 – 2 tablespoons of salt for every 500g of pasta.*Don't worry if this sounds like a lot of salt; most of it will be thrown away with the cooking water. 3. Add a little oil to the water to prevent the pasta sticking together. In the case of lasagna sheets, up to a tablespoonful of oil may be needed. Bring the cooking water to a fast rolling boil before adding the pasta – otherwise the pasta can become stodgy. 4. Add the pasta in one go so that it all has the same cooking time. Long pasta such as spaghetti should be placed in the boiling water, then gently pressed into the water as it softens to ensure even cooking. 5. Give the pasta a quick stir to prevent it sticking together, then

quickly return the water to a roiling boil. 6. Reduce the heat to medium-high so that the water remains at a brisk boil, stirring now and again to prevent the pasta sticking. 7. The pasta is ready when it is al dente – that is tender, yet still with a bite when bitten. The easiest way to check this is to remove a piece of pasta from the pan and give it a bite. If you overcook pasta, you will get soft, stodgy results. 8. As soon as the pasta is al dente, drain it well, shaking the colander or sieve to remove any excess water. Reserve 2-3 tablespoons of cooking water in case you need to loosen the pasta sauce when you combine it with the pasta.*If the pasta is to be served cold, rinse it under cold water in the colander, then set aside. 9. Serve immediately with the sauce of your choice, or add ingredients ready for baking.

HOW MUCH PASTA?

The quantity of pasta required per person is a slightly moveable feast, depending on appetite, whether the sauce is light or substantial, and whether you're serving the dish as an appetizer or main course. However, you can use the following dry weight as a general guide:● for an appetizer, allow 50g (2oz) per person● for a main meal, allow 75-125g (3-4oz) per person

COOKING TIMES

Accurate timing is essential for perfect pasta, and cooking times can vary according to the variety, brand and type of pasta. Always check the packet for timing, or, if you're making your own, follow the timing given in the recipe. Start timing as soon as the water returns to the boil after adding the pasta. As a general guide, use the following times:● thin, fresh noodles 1-2

minutes● thicker fresh noodles and pasta shapes 2-3 minutes● stuffed fresh pasta 3-4 minutes● dried pasta 8-12 minutes (though wholemeal may take longer).

WHICH PASTA? WHAT SAUCE?

Another secret to success when serving pasta is pairing the right pasta with the right sauce –synchronizing your timing so that they're both ready at the same time.*Most sauces can stand a little waiting while the pasta finishes cooking, but pasta is best served as soon as it is cooked, so try to make sure your sauce is ready in time. Although some sauces are traditionally served with specific pastas – for example fettuccine all' Alfredo, bucatini all' Amatriciana, and penne all' Arrabiata – common sense usually prevails when pairing pasta and sauces. Heavy, chunky sauces are best served with short pasta shapes, such as penne, conchiglie and rigatoni, or wide noodles, such as pappardelle and tagliatelle. The sauce doesn't slide off these pastas in the way that it would a fine, delicate pasta such as capelli d'angelo. Long, thin pastas, such as spaghetti and linguine, go better with smooth sauces that cling to their length, such as tomato or creamy sauces. And delicate pastas such as vermicelli go well with light sauces, such as seafood ones. There are also classic Italian regional pairings. For example, olive oil sauces made with tomatoes and seafood, which are popular in the south, are usually served with the plain durum wheat pasta, such as spaghetti and vermicelli, that is popular in the area. In the north, however, sauces are frequently made with butter and cream, and these go very well with the egg pasta that is made there.

STORAGE

Fresh pasta is best eaten on the day that it is made, although it can be refrigerated for 24 hours, or frozen for up to 3 months. Ready-made, vacuum-packed varieties may be stored in the refrigerator for slightly longer, so check the advice on the packet. Once opened, dried pasta should be stored in an airtight container and used within 9 months. cookingpastaFigure 6 Cooking pasta stepsHISTORY OF PASTAAlthough pasta is associated with Italian food, but researchers claim pasta to be a Chinese invention that was brought by Venetian merchant Marco Polo to Italy after his famous trip to the Middle Kingdom in the 13th century. The idea that Marco Polo brought pasta from China to Italy is as similar to Italians as the idea that the hamburger came from Germany is to Americans. No one argue that the Chinese have made pasta, from many more kinds of flour than Europeans have, since at least 1100 B. C. Italians persist as a point of national pride that they invented pasta into their world, regardless considerable evidence that they did not. They mentioned as proof a set of reliefs on an Etruscan grave dating from the 4th century B. C, which carved a knife, a flour sack, a board with a raised edge that resembles a modern pasta board, and a pin that was made of iron and used for shaping tubular pasta. The Marco Polo myth has refused to die. Italians accuse Americans of promulgating it, beginning with an influential article in a 1929 issue of Macaroni Journal (now Pasta Journal), an American trade magazine, which has inspired countless advertisements, restaurant placemats, cookbooks, and even movies. (From 1919 on, Macaroni Journal occasionally published articles purporting to give the history of pasta, usually —though not always—labeling the less plausible ones as lore. The 1929 story

began, " Legend has it . . .") In the 1938 film The Adventures of Marco Polo, Gary Cooper points to a bowl of noodles and asks a Chinese man what he calls them. " In our language," the man replies, " we call them spa get." To trace pasta, one can go as far back as the 4th century B. C. where Greek writers mentioned this round, thin dough which could be baked or boiled and eaten with olive oil. If one bases the origination of pasta by words, then we have to go back to Greece because the word ' macaroni' derives from the Greek word ' makarios', which means joy. And the word " lasagna" comes from the Latin word " laganom" which is also derived from Greek word " laganon" or " lagana" which is a thin piece of dough baked and eaten with olive oil. But " lagana" resembles focaccia bread more than pasta. There is nothing written in any history book that Marco Polo brought back any kind of pasta from China. The only thing Marco Polo mentioned was that he ate this paste which was excellent. But the paste was made from the fruit of a tree and not from barley flour. There are translations from Roman writers of the 13th century mentioning the word " pastilla" as " little pastas". This translation occurred before the time of Marco Polo in the 14th century. Those " small round cakes" were boiled and eaten. The word' macaroni' was also mentioned late in the 13th century by Roman writers as food that was eaten with bread but only by Lords and not from poor people. EVOLUTION OF PASTAAs we look into the history of Italian pasta cooking, we will see that the food used as a basic type of food in the Italian diet has not always been so. While till the 1500s, macaroni (the term used for any dried pasta) was considered an exotic food, cooking pasta in an Italian household was considered very expensive chiefly due to the high costs and the time-

intensive labor required for making pasta and was reserved only for the upper class. However, after the 17th century, the variation of the pasta industry saw a sea-change along with rapid industrialization and technological advances, finally making Italian pasta cooking a hot favorite among all classes. For this reason, Italians embraced pasta as an essential part of their daily diet. Eventually, the diversity, distinctive flavors and unique specialty dishes originating from Italian pasta made Italian cuisine a hot favorite among the whole of Europe and America. Italian pasta of course rules the roost, being the most important of food culture throughout all of Italy. Through the course of time, the role of Italian pasta has changed greatly throughout Italy's culinary history. Once enjoyed by Italy's elite as a handmade specialty, today cooking pasta is made the foundation of Italian cuisine all over the globe. Today, a large amount of Italian pasta products available in the market consist of both fresh and dried pasta and range in size from tiny soup pasta to large sheets of lasagna noodles. Furthermore, there are shaped Italian pasta available in many different sizes and specific shapes. While the basic cooking method used for cooking pasta is boiling, a few other methods are also used to cook specific types of pasta, including baking, stir-frying, and deep-frying. Accomplished with a minimal amount of equipment like a large pot, a large spoon, and a colander, Italian pasta meals are known for their flavor and paired with healthy ingredients like tomato sauce, fresh vegetables, olive oil and fish. The meal is low in fat and contains nutrients and antioxidants to nurture body as your palate. Human diet on pasta

PASTA IS A MEAL

Pasta is a basically simple dish and comes in large varieties because it is a diversity food item. Some pasta dishes are served as an appertizer in Italy because it is simple and portion sizes are small.. The servings also are usually accompanied by a side of meat. Pasta also can be prepared as main course such as salads or large portion sizes for dinner.

HOW DO ITALIANS EAT PASTA?

They serve pasta in warm, shallow and wide bowls instead of on dinner plates. In Italy, they call this a " piatto fondo" or deep dish. The rims of the bowl should be just enough to spin the fork against. They don't have to use the spoon. They put smaller portions of spaghetti on their fork before start to twirl. Then, twirl the pasta with a fork keeping the fork tip in contact with the plate. By doing so, they avoid the need to slurp and the need for a bib.

DO ITALIANS EAT PASTA EVERYDAY?

Yes, they eat pasta every day. In Italy, pasta is the most dishes that are dressed really simple and with few ingredients. They always use fresh and natural ingredients, dress lightly and most of all don't overcook. This is because overcooked pasta sends blood sugar higher than pasta cooked al dente. Italians believe that overcooked pasta is harder to digest and doesn't leave them feeling sluggish. It has absorbed its maximum amount of liquid when pasta is overcooked. On the other hand, pasta cooked ' al dente' can digests more easily and still absorb more during the digestive process.

PASTA SERVING SIZE

Portion size of pasta is different depending on the ways that they eat pasta: Two to four ounces dry spaghetti as an appetizerFour to six ounces for a main courseWHY EAT PASTA WITH SAUCE? Pasta sauces have varieties in color, texture and taste. Different types of pasta are served with different types of sauce according to the general rule that must be observed. For example, tomato sauce combines well with thicker pastas while simple sauces like pesto are ideal for thin and long strands of pasta. Chunkier and thicker sauces have the better ability to adhere onto the holes and cuts of twisted, tubular, short pastas. Sauce should be served equally with its pasta. It is important that the sauce does not overflow the pasta. The extra sauce is left on the plate after all of the pasta is being eaten. WHY PASTA POPULAR IN ITALY? Pasta is a traditional food in Italy and it is popular because it can be made into lots of shapes and pasta dishes. People can create lots of different dishes with it. It tastes delicious and it's filling. Now, it became modern cooks because it is easy to prepare and convenient. It's also has a long shelf lifeCommercialization of PastaThe first commercialized production of pasta started in Naples in the early 15th century. It was not until the 18th century that the process to make dry pasta was discovered. The natural way of drying it involves changes in hot and cold temperatures. Such conditions were found just south of Naples where the climate changed throughout the day. Due to its ease of preparation, low cost, versatility, palatability, long shelf life, and nutritional value, pasta is a popular commercial food product. Pasta products are commonly produced by extrusion, and their main ingredients are durum wheat semolina and water. Celiac disease is an

immune-mediated disease triggered by the ingestion of the protein composite gluten. The only treatment for celiac disease is the permanent exclusion of sources of gluten (wheat, rye, and barley products) from the diet. It is important that high-quality cereal products made from alternative grains are available to this segment of the population. Recently, research on the improvement and development of gluten-free pasta has enhanced. Meanwhile, the number of gluten-free pasta products available on the market has increased dramatically. The Italians regarded pasta as a luxury foodstuff in 17th century, but lack of money and the introduction of kneading, pressing and grinding machines turned people towards it and it was soon seen as an easily manufactured and economical food source. When artificial drying machines were introduced in 1933, pasta became a truly industrialized product that could be produced in large quantities across the country. Up to this point factories dried their pasta on long wooden rods exposed to the sun. This was not possible in areas with high precipitation, so the new technology helped pasta became an all Italian product and part of the Italian national identity. Preparation of Pasta

BLT PASTA SALAD

(BLT --- Bacon, Lettuce, Tomatoes)Ingredients250gm any spiral/corkscrew pasta (Riccioli)½ cup milk200gm bacon, sliced into small1 clove garlic (finely minced)200gm cherry tomatoes (halved)5 heads of baby romaine or 1 head of cos lettuce (torn to small pieces)(basicallycos lettuce or romaine is the same thing)100gm mayonnaise70gm natural set plain yogurt4 tbsp chopped spring onionssalt& black pepperMethods1. Cook the pasta until al dente (as per instructions on packaging). Drain & mix with milk. Set aside. (toss it from

time to time to distribute the milk)2. Fry bacon in pan without oil until crispy and the bacon oil oozes out. Tilt pan and let the oil drain off the bacon. Dish up bacon. Set aside. 3. Pour away most of the oil in pan, leaving behind about 2-3 tbsp of it. Sauté garlic on medium heat until fragrant and pour in the halved cherry tomatoes. Just spread in pan but don't toss them. Let it cook until the garlic is golden. Tilt pan, push tomatoes to the higher side and let the oil collect at the lower side. Dish up tomatoes and as much garlic as you can. Set aside.(the tomatoes should not be mushy, but just cooked)4. Eventually, mix everything together and sprinkled the final 1 tbsp of spring onion as garnish. Salad dressing is prepared and serve later.

BAKED PASTA

Ingredients400gm pasta (shell pasta)2 tbsp butter2 tbsp oil1 large onion, diced400gm beef, minced3 cloves garlic, roughly chopped4 tbspchilli Paste2 tomatoes, roughly chopped1 large carrot, diced1 ½ c peas4 eggs, beaten1 c cheddar, gratedA handful of fried scallionsA handful of parsley, choppedSalt & sugar for seasoningMethod1. Cook pasta in a pot of boiling water until 2/3 cooked. " Season" with salt. Drain and set aside. 2. Then, heat wok with oil and butter. 3. Cook onion until soft and slightly caramelized. 4. Add in garlic. 5. Add the beef and cook until slightly brown. 6. Add chili paste and cook until the oil starts to bubble on the surface. 7. Add in carrot and stir well until slightly soft. 8. Add in tomatoes and let it cook until soft. Then mix in the pasta. 9. Switch the heat off, add parsley and season well with salt and sugar. 10. Make a well in the center of the wok and pour in beaten eggs. Let it scramble and stir to mix. 11. Combine the ingredients well. 12. Put the combined ingredients in a casserole dish. 13. Sprinkle the cheese and fried

scallions evenly over the top of the mixture and bake at 150oC for 20-25 mins. http://www. friedchillies. com/images/gallery/pasta_bakar_main. jpg

GREEK MEAT PASTA

Ingredients1 package rotini pasta (16 ounce)3 tbsp olive oil, divided1 pound ground beef6 tomatoes, grated1 sweet yellow onion, grated½cup water3 tbsp tomato paste1 tbsp ground cinnamon½tsp white sugar½tsp cayenne pepperSalt & ground black pepper to taste4 cups shredded Mizithra cheese1 cup shredded mozzarella cheeseMethod1. Bring a large pot of lightly salted water to a boil; cook the rotini at a boil until tender yet firm to the bite, about 8 minutes; drain. Transfer to a large bowl and toss with 2 tablespoons olive oil. 2. Heat 1 tablespoon olive oil in a large skillet over medium heat; cook and stir ground beef until browned, about 10 minutes. Add tomatoes, onion, water, tomato paste, cinnamon, sugar, cayenne, salt, and pepper; stir to combine. Simmer meat sauce over medium-low heat until flavors combine, 20 minutes. 3. Preheat oven to 350 o F (175 oC). 4. Pour meat sauce over rotini; mix well. Pour half the pasta mixture into a casserole dish; sprinkle with half the Mizithra cheese and half the mozzarella cheese. Top with remaining pasta mixture; sprinkle remaining Mizithra cheese and mozzarella cheese. 5. Bake in the preheated oven until cheese is melted and bubbling, about 40 minutes. http://3. bp. blogspot. com/-H7y_-UL8DSc/UEL6ZpPCLVI/AAAAAAAAClM/g9vRmOSEM2g/s320/Greek +Meat+Pasta+%28Makaronia+me+kima%29. jpgSEAFOOD PASTAIngredientsSpaghetti2 handful of clams10 medium-sized prawns, peeled and deveined4 pcs of frozen fish cocktail4 cloves of garlic, finely chopped1 can of tomato pasta sauce3 tbsp olive oil50ml waterMethod1. Boil

a pot of water. Cook the spaghetti and drain and set aside. 2. Bake the fish cocktail by oven as per the packaging instruction. Cook and set aside. 3. Heat some olive oil in a sauce pan. Sauté the garlic until fragrant. Add the prawns and clams to stir-fry for 1 minute. 4. Pour in the water and pasta sauce. Cook & stirring for 2 minutes. 5. Toss with spaghetti & serve with baked fish cocktails. http://1. bp. blogspot. com/_n-isLAxKDr8/St0-M1tCUsI/AAAAAAAADZA/Gxfxn8i8cv0/seafood3. jpg

MUSHROOM PASTA WITH TRUFFLE OIL (vegetarian)

Ingredients200g pasta (I prefer to use spaghetti or angel hair pasta)100g grey oyster mushrooms, sliced thinlyA handful of cep mushrooms, soaked and chopped roughly (optional)2-3 tbsp extra virgin olive oil3-4 cloves of garlic, finely choppedSalt and freshly ground pepperFresh parsley, finely choppedTruffle oilEgg (optional)Method1. Bring a pot of salted water to boil and cook pasta according to pack instructions (al dente should take about 8-10 minutes). Remove from heat and drain, run under cold water to stop from cooking further. 2. Heat olive oil in frying pan on medium high heat. Add garlic and cook for 2 minutes until golden brown, then add the mushrooms and fry for 1-2 minutes until cooked. 3. Finally add the pasta, parsley and mix thoroughly, and then season with salt and pepper. 4. Remove from heat and serve immediately. Add a dash of truffle oil to finish. http://3. bp. blogspot. com/-XpbAJdVk3Ow/TxrbZRvccrI/AAAAAAAATGs/S_m6j2j_SU8/s640/s4. jpgSignificance of PastaThe glory and pride of Italy, pasta is one of the most important traditional food in history. Its easiness in preparation and various in recipes bring about that pasta has become an international food. Pasta

already becomes a part of Italians culture and they almost eat it everyday. History of Italy says that Marco Polo introduced Italians to pasta when he returned from his trip to China, but the earliest relevance to pasta is 3000 BC with the Greek and Etruscans. There is evidence that they learned to grind wheat, mixed it with water, rolled it out onto thin sheets on hot stones and finally boil it in sea water. This is a process which has not changed until nowadays yet with today's technology. Pasta was a natural discovery with the growth of wheat farming and the improvement in harvesting process. Since pasta is made from wheat and water, it was simple enough to find it, but it has became one of the most natural foods eaten worldwide today. Italy became a natural place for making pasta due to its warm climate and deep soils which perfectly suited for the growth and harvesting of durum semolina wheat. There are two main significance that Italians match with pasta which it represents the tradition of the meal within the family and the sense of well-being bound to a healthy Mediterranean food. Without pasta as a symbol of the national character of Italy, something which they have shared and which has helped play a part in their reputation worldwide. Methodology

Process of analyzing the problem and perspective

InternetFirst, we search all the document and information about pasta from internet. We also search the journal about pasta health benefits from internet. It is very useful for our dissertation. Data gatheringWe gather our data from the other research. We found this from journal and internet. It let us more understanding for our dissertation topic. Data collectionIn addition, we also have distributing questionnaire to conduct the survey. Questionnaires enable us to make more presumption about the topic from

the conduct survey. Seven questions is being prepared for the respondent to answer. DiscussionThe discussion is discus about the result that we gathering and collecting. ConclusionConclusion is summarizing the major and important part and also discus implication of the research.

Method of gathering data

To find out the detail about pasta, such as way of preparing pasta, how people consume pasta, eating pasta will bring what kind of healthy benefits for our body. We therefore conducted a series of method to gather data to the completion to our dissertation, the technique include: Archival techniqueUsing library is one of the archival techniques. We are going to Tunku Abdul Rahman College to find out the documents about pasta. We only found bit information related to pasta. Through this method, we only found some information for external sources. InternetNowadays, internet is very convenient for many peoples. It is useful for conducting research. Through this method, we can get much information about pasta. We also know more detail about benefits of pasta. We also get the journal from internet. QuestionnairesWe had set about seven questions for our questionnaires. We had distributed 50 people that student study in Tunku Abdul Rahman College and some working people. The question is more related to our question. We had collected the average data about pasta. JournalThe journal that we search is actually an article by title " The Dish on Pasta: Maligned Food Actually a Healthy Carbohydrate" and the author is Christopher Wanjek. Through the article, we found out that pasta has many benefits for our healthy.

Personal reaction and biases

As our topic said, pasta has health benefit for our body. We search much of information from internet and found that pasta is regarded as health. Consume pasta for a long term can actually reduce risk of some disease and cancer. For example, pasta eat with tomato sauce can reduce risk of prostate cancer. It is a good carbohydrate for us to consume it. Results

Impact of the data obtained

Data from questionnairesThere are many way we can get the result. Firstly, we get result from some working people and Tunku Abdul Rahman College students through questionnaires. From 50 sets of question, we found that most of the people are actually known pasta. There are 78% of people declare that they likes to eat pasta, because of pasta delicious taste and also other reason. Pasta have many type and so for its cooking method. Some of people eating pasta because of pasta healthy benefit. Has people eating pasta because of its different eating method for different pasta, this is actually a weird reason. The rest of 22% of people said that they dislike eating pasta, because they did not like the taste of pasta also. Some of people more prefer to their ethnic traditional food than western food. Majority of people can easily get pasta from restaurant. Because most of businesses known that most of the people likes this kind of food. 12% of people can get pasta from home. They said pasta is easy to prepare at home. There is only 2% of people can get pasta from stall. Some hawker center and night market had selling this kind of food. And there are 34% of people can get pasta at both restaurant and home. As the pie we show, majority of people likes to eat pasta, most of them like to eat all the example

of sauces we given out and also have people like to eat other sauce we have not given out. We conclude that in selection others, this occupy 44 out of percent. The second choice of most people is Creamy Mushroom sauce. The next one is Tomato sauce, and followed by Bolognese sauce. The least one is Carbonara sauce. Some of people don't like the sour taste of tomato sauce. And also have people don't like taste of cream and cheese. Most of the people felt selling price of pasta is moderate price for them to consume. 16% of people felt pasta is too expensive for them to consume. Only a few people thought selling price of pasta is low. They thought expensive is because they consume pasta at western restaurant or buy ingredient at pasta shop. Some people buy ingredient at supermarket and cook by their own self, so the price of pasta for them is low. According to our research, majority of consumer known that pasta is benefit for our body healthy. Only 26% of them said that pasta has no regarded as healthy. Only the people who said pasta benefit for our healthy will answer the next question.

What do you think about the benefits of eating pasta?

62% of people choose the question for others. Because some of them know pasta is healthy, but don't know how healthy they are and also have peoples known the benefit out of the selection we given. The next is loss weight, almost girl choose for this selection. And then followed by reduces threat of heart disease. 6% of people known that pasta can reduce risk of breast cancer and also reduce the risk of Alzheimer's disease. Least of consumer known that pasta also can reduce the risk of prostate cancer. Pasta have many benefit of healthy for us to consume. Is pasta one of popular food in Malaysia? Yes, it is! Majority of people known that what pasta is and how

pasta normally look like. They know that pasta have many difference types for us to consume it. Only 24% of people don't think pasta is popular in Malaysia. They think pasta is a kind of western food not popular like Chinese food, Malay food or Indian food in Malaysia. Thus, pasta as an international food in Malaysia is popularity known by Malaysian.

Data from journal

From the journal we know that pasta actually make from durum, a wholly different species from bread wheat in that it contains a third fewer chromosomes. Durum is an older species and a hybrid of wild grasses. Pasta as a type of healthy food is because it has lower glycemic index (GI). It is a concept of how fast glucose, a sugar from carbohydrates, is absorbed into the bloodstream. High glycemic index is carbohydrate break down quickly during digestion, releasing glucose rapidly into bloodstream, while low glycemic index, the carbohydrate break down slowly during digestion, releasing glucose more gradually into bloodstream. High GI can lead to obesity and diabetes. Glycemic index of pasta is around 20-45, is remarkably low of the glycemic index. Pasta has low glycemic index because the flour that use to make pasta is naturally strong gluten content. It can prevent starch from leaching out quickly, and in turn leads to slower digestion, slower release of sugar into the blood, it also has greater feeling of satiation. Pasta brings many health benefits to our body.

Significance of the data

There are many way to cook pasta. From the survey we got, we know that pasta is an Italy cuisine widely known by most people. Most people like to

eat pasta. Most of them can get pasta easily from restaurant. For those who like to eat pasta, they like to eat most kind of sauces. Many people think that pasta actually has a moderate selling price, most people can bear expenses. Majority of people known that pasta is regarded as healthy. From this situation, we encourage people eating pasta at least once a week, can either cook at home or having in the restaurant. Pasta has many benefits of health for our body. Conclusion

Summary of Major Finding

Health is a main concern for people this day. There is no doubt about it that Malaysian likes to eat pasta because of it delicious taste without even knowing that pasta is actually giving health benefit to consumers. Based on this research, pasta can be said giving health beneficial to consumer. There is proof and scientific evidence for the health beneficial of pasta. This finding makes it clear that not only pasta itself a health beneficial and nutritious food, but when pasta is mixed with other healthy ingredients like olive oil, vegetables, bean, fish, or meat. Pasta is actually a healthy meal to consumers. Pasta help lower the glycemic index of a meal because when pasta is mixed with other foods such as cheese, chili con carne, bean or tuna fish, these added ingredients will lower the glycemic index of a pasta-based meal. Pasta also can beneficial for those with diabetes because of the low glycemic index, pasta become beneficial to people with diabetes. Pasta may reduce the risk of breast cancer due to its low glycemic index in food. It also lowers the risk of type 2 diabetes because a low GI diet filled with low GI foods, like pasta is perfect for dietary management of type 2 diabetes. Pasta meal with tomato-based sauces may reduce the risk of prostate cancer

because it contains lycopene, which is a potent antioxidant that can be found in tomatoes, act to repair damaged cells in the body. Carbohydrate containing foods, like pasta, may help in weight loss and management efforts. A delicious pasta meal when eaten in healthy portions can be part of a successful weight loss plan. Pasta does not cause food cravings because cravings are actually for calories, not foods high in carbohydrates like pasta.

Implication of the Research

Pasta is really giving many health benefits to consumers. If looking for extra health benefits, consumer can try whole grain pasta and various kind of pasta for dinner. Whole grains provide a healthy mix of nutrients which will give beneficial in the fight against heart disease, strokes, type 2 diabetes and obesity. Pasta is a delicious and family-friendly way to add more whole grains to any diet. There are a wide range of whole grain pasta options, from gluten free to 100% whole wheat. Some manufacturers have even created pastas that blend traditional refined semolina flour with whole grain ingredients. The taste of these pasta ranged from nutty and rich to smooth and mild and can be a great way to introduce whole-grain pastas to even the most discerning palate.