Culinary 1 · Unit 8 · Level 2 (modified)

Grains, Pasta & Rice



TODAY'S PLAN

- 🔁 Last Time
- 🧰 Words to Know
- 🌾 Parts of a Grain
- 🍞 Whole vs. Refined
- 🍝 Pasta
- 🍚 Rice
- 👩‍🍳 Lab Preview
- ✅ Check & Wrap-Up

Last Time · 5 minutes

Last Time



1️⃣ A **roux** is made of…? 🧈

2️⃣ Name the 3 vegetables in **mirepoix**. 🥕

3️⃣ Béchamel is made with…? 🥛

Answers: fat and flour · onion, celery, carrot · milk + white roux

Learn

Words to Know



🌾 **Grain** = the **seed** of a grass plant: wheat, corn, rice, oats.

🏭 **Milling** = grinding grain into flour.

💊 **Enriched** = nutrients are **added back** after milling (like white flour).

🍝 **Al dente** (al-DEN-tay) = pasta that is **firm to the tooth**. Not mushy!

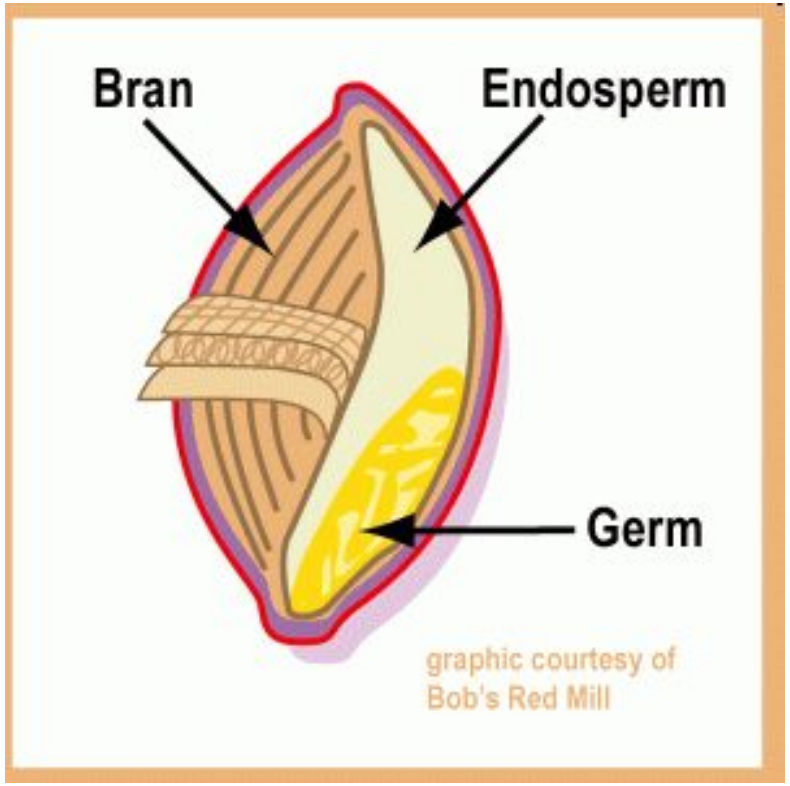
Learn

The 3 Parts of a Grain

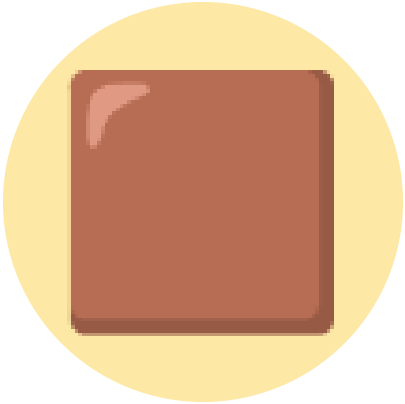
🟫 **Bran** = the outside skin. Lots of **fiber**.

🟡 **Germ** = the small inside part. Lots of **nutrients**.

⚪ **Endosperm** = the biggest part. **White flour** is made from it.



🃏 Check 1 of 5



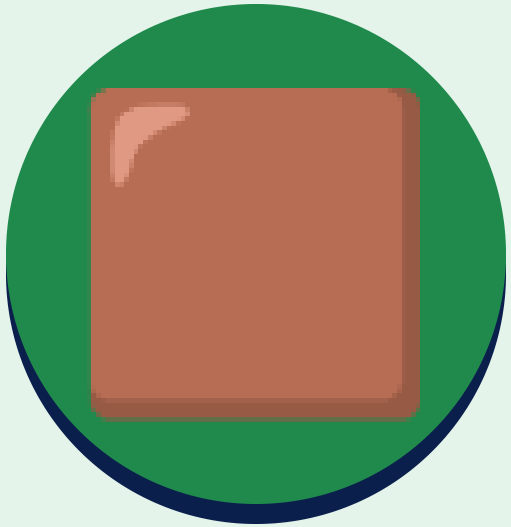
The outside of the grain, high in fiber, is the…

Hold up 1, 2, or 3:

1️⃣ Germ

2️⃣ Bran

3️⃣ Endosperm



Bran

Bran = fiber. Germ = nutrients.
Endosperm = the big part.

Learn

Whole Grain or Refined?

🟫 Whole grain

Has **all 3 parts**

More **fiber**

Brown rice, whole wheat, oats

⚪ Refined grain

Bran and germ removed

Lighter, softer

White flour, white rice

Whole grains help your heart and keep you full.

🎬 Video

Video: What Are Grains?

Scan to watch

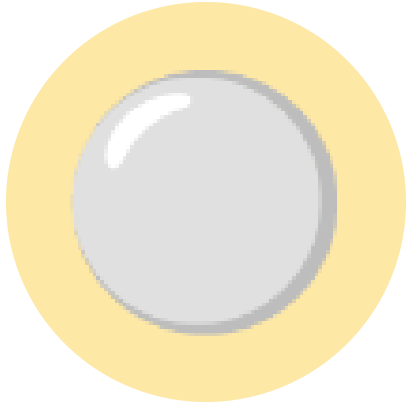
Whats Up Dude (the class video)

👂 Listen for: whole vs. refined.

💬 Captions on

https://www.youtube.com/watch?v=2CluFZKcIto

🃏 Check 2 of 5



A refined grain has which parts removed?

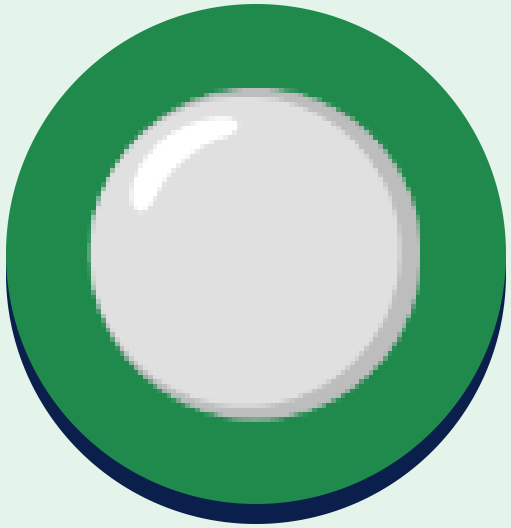
Hold up 1, 2, or 3:

1️⃣ Only the endosperm

2️⃣ Nothing

3️⃣ Bran and germ

✅ Answer · Card 2 of 5



Bran and germ

Refined = bran and germ taken off. Only the endosperm is left.

Learn

Grains We Eat



Wheat

flour, bread, pasta



Corn

cornmeal, tortillas



Rice

white, brown, sushi



Oats

oatmeal, granola

Super grains: quinoa, barley, buckwheat.

Learn

Pasta

🌾 Pasta is made from **durum wheat** (semolina). High in gluten.

🍝 Dry pasta **doubles** when cooked: 1 cup dry = 2 cups cooked.

📏 Many shapes: spaghetti, penne, macaroni, fettuccine.



Learn

How to Cook Pasta

1️⃣ Boil a **big pot** of water. Add salt.

2️⃣ Add the pasta when it **boils**. **Stir** so it won't stick.

3️⃣ Cook about **10 minutes**, until **al dente**.

4️⃣ Save a little **pasta water** (“liquid gold”). Drain.



🎬 Video

Video: How to Cook Pasta

Scan to watch

America's Test Kitchen (the class video)

👂 Listen for: how to test if it is done.

💬 Captions on

https://www.youtube.com/watch?v=u0p_dBCEDs4

🃏 Check 3 of 5



Pasta that is firm to the tooth is…

Hold up 1, 2, or 3:

1️⃣ Al dente

2️⃣ Mushy

3️⃣ Raw

✅ Answer · Card 3 of 5



Al dente

Al dente = firm to the tooth.
Taste a piece to test.

Learn

Why Save Pasta Water?



💧 Pasta water has **starch** in it.

🥣 A little helps **thicken** the sauce and makes it stick to the pasta.

✨ Chefs call it **“liquid gold.”**

🃏 Check 4 of 5



Why save some pasta water?

Hold up 1, 2, or 3:

1️⃣ To wash the pan

2️⃣ To drink

3️⃣ It helps thicken the sauce

✅ Answer · Card 4 of 5



It helps thicken the sauce

The starch in the water helps the sauce.

Learn

Rice

📏 **Long grain**: fluffy (basmati, jasmine).

🍣 **Short grain**: soft and sticky (sushi, arborio).

🟫 **Brown rice** = whole grain. ⚪ White rice = refined.

💧 Cook with **2 cups water to 1 cup rice**. Rice **triples**!



Lab

Lab Preview: Fettuccine Alfredo

🧼 Wash hands. Apron on. Hair back.

🍝 Cook the noodles **al dente** in a big pot.

🧈 Make a **roux**: butter + flour. (Like Unit 7!)

🥛 Slowly whisk in the **milk** until thick.

🧀 Add the **parmesan**. Pour over the noodles.

Bring to your station

🃏 Picture recipe card

✅ Checklist on the card

🙋 Ask a partner or para for help

🃏 Check 5 of 5



Which grain is the main one in pasta?

Hold up 1, 2, or 3:

1️⃣ Rice

2️⃣ Wheat

3️⃣ Oats

✅ Answer · Card 5 of 5



Wheat

Pasta is made from durum wheat (semolina).

Wrap-Up

Recap

🌾 Grain parts

- Bran = fiber
- Germ = nutrients
- Endosperm = white flour

🍞 Whole vs. refined

- Whole = all 3 parts
- Refined = bran + germ off
- Enriched = added back

🍝 Pasta + rice

- Al dente
- Save pasta water
- Rice: 2 water to 1 rice

Wrap-Up

Exit Ticket



1️⃣ Name the 3 parts of a grain.

2️⃣ What does al dente mean?

3️⃣ Name a whole grain.

⭐ Make half your grains whole!