

ARTS FOR ALL

Virtual Y Arts: Culinary Arts
YMCA OF PIERCE AND KITSAP COUNTIES



Easy Pantry Meals: Pasta Pomodoro

Ages: Gradeschool and up

Time: 40 minutes

Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 4

Objectives

- Practice cooking techniques: mince, dice, measuring, sauté, blending and boiling.
- Learn how to prepare a delicious meal straight from your pantry.
- Experience cuisine from a different culture and have fun cooking with your family!

Supplies/ Materials:

- Large stock pot
- Large skillet
- Kitchen knives
- Cutting board
- Stove top or standalone burner
- Spatula or large mixing spoon
- Measuring spoons
- Can opener
- Blender or food processor



Ingredients

- 1/4 cup extra virgin olive oil
- 1/2 cup chopped onion
- 4 cloves garlic minced
- 1 can 28 ounces Peeled Tomatoes
- 1/4 teaspoon sugar
- 1 tablespoon finely chopped fresh basil or 1 teaspoon dried basil
- Grated Parmesan or Romano cheese (Optional)
- Salt and pepper to taste

Find this lesson on YouTube here:
youtu.be/UYq5kNmtCTg

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Preparation

Activity	Instructions
Kitchen Safety	<p>Wash hands with soap and warm water for 20 seconds.</p> <p>Thoroughly rinse onion, garlic, and fresh basil (if using) before peeling, set aside.</p> <p>Dry hands and begin meal preparation.</p>
Time for "Mise En Place" (a French term that means "to put everything into place")	<p>Collect all cooking utensils and arrange for optimal use.</p> <p>Remove lid from canned tomatoes, pour tomatoes (with juice) into blender or food processor and add sugar.</p> <p>Dice onion and mince garlic on cutting board.</p>
Prepare Pomodoro sauce	<p>Heat large skillet to medium heat.</p> <p>Measure extra virgin olive oil and carefully add to skillet.</p> <p>Sauté onion until translucent then add garlic and cook for one more minute.</p> <p>Remove from heat and pour ingredients into blender. Mix until sauce is smooth.</p> <p>Return sauce to skillet and let simmer stirring occasionally until it thickens.</p> <p>Tear fresh basil into small pieces and combine with sauce for the last 5 minutes. Dried basil makes for a worthy substitute.</p>
Prepare pasta	<p>Heat large stock pot to high until water begins to boil. Turn heat down to medium and add a healthy portion of salt to water (it should taste like the sea) prior to adding pasta.</p> <p>Add pasta and cook to al dente (firm to the bite). Follow specific cooking directions on pasta box/package.</p> <p>Remove from heat and drain pasta in a colander.</p>
Serving directions	<p>Serve pasta on plate and spoon sauce over top, or combine pasta and sauce and mix well. Sprinkle with grated Parmesan or Romano cheese and fresh basil (optional).</p>
*Additional chef's note	<p>Looking for something heartier? Bump up the protein factor by cutting 1-2 chicken breasts into small chunks, season liberally with salt and pepper, sauté and set aside. Combine with sauce once it's been blended and put back into skillet.</p>