



Perfect Pasta Tips & Giveaway!

In May I visited the Campania region of Italy. I learned a lot about pasta, since the region is famous for it. In a little shop in Naples I found the [Garofalo](#) brand of pasta which is now available here at major retailers such as Costco, A&P, Food Emporium, Kings, D'Agostinos, and Lund 's & Buyerly's. It's made in Gragnano from durum wheat or whole grain durum wheat. The town of Gragnano is near Mount Vesuvius in a very picturesque and fertile area not far from Naples.



One of the ways to tell if pasta is good, is to look for a rough texture on the outside. This means it was made using brass dies and it's surface helps to hold the sauce.

Here are even more tips from Garofalo for making perfect pasta:

- **Don't skimp on the water!** Use a large enough pot to boil four quarts of water per pound of pasta.
- **Add a pinch of salt** to help the water boil faster and flavor the pasta.
- Once the water has reached a boil, lower heat slightly to **create a rolling boil**.
- **Don't add oil to the water**, it will keep sauce from sticking to the pasta. If you use the proper amount of water and keep the temperature at a rolling boil, the pasta will not stick in the pot.

- Follow directions included on the package for the type of pasta you are preparing to ensure the correct cooking time. **Pasta should be cooked ‘al dente’** or ‘to the tooth’ meaning that the pasta should be firm but not hard. It should have a bite and not be soggy.
- Before draining the pasta, **save a cup of the boiling liquid** for thickening the sauce. The starches in the liquid will help the sauce stick to the pasta.
- **Do not rinse the pasta!** Washing pasta after it has drained will remove all of the starches that help the sauce adhere to the pasta

Today courtesy of Garofalo Signature pasta **we are giving away a “perfect pasta pack”** which includes three cuts of Garofalo Signature pasta, including spaghetti, calamarata and Signature’s unique penne rigate, which features ridges on both the outside and inside of each noodle to ensure that just the right portion of sauce makes it into each bite.

~~**Leave a comment and tell us your favorite pasta dish and one winner will be picked at random.**~~ You must be located in the US to win. If you have won a prize in a giveaway on this site in the past 6 months, please allow others a turn. Thanks!

Contest is now closed, but feel free to leave your favorite pasta dish in the comments if you like. Come back next month for another giveaway.