

# BEST PRACTICES

## Steamer and Oven

### WHOLE GRAIN-RICH PASTA

#### Steamer

**Best suited to batch cook smaller amounts of pasta. Pasta cook times in a steamer are generally the same as stovetop cook times.**

Prepare no more than 2-3 lbs of dry pasta per 4-inch deep, full-sized hotel pan.

Completely cover pasta with warm to hot water; avoid using cold water, when possible.

Do not cover the hotel pans with a lid or foil during the cooking process.

Drain pasta as quickly as possible to reduce overcooking.



#### Oven

**Can be used if necessary, but is not a preferred cooking method for pasta. Better suited for hollow pasta shapes, such as macaroni and penne versus spaghetti.**

Longer cook times are needed to cook pasta in the oven, typically 20-30 minutes.

Higher oven temperatures result in a better quality product.

A conduction oven works best for cooking pasta. May also use a convection oven with the fan turned off.

Prepare no more than 2-3 lbs of dry pasta per 4-inch deep, full-sized hotel pan.

Completely cover pasta with warm to hot water; avoid using cold water when possible.

Cover the hotel pans with a lid or foil during the cooking process.

Drain pasta as quickly as possible to reduce overcooking.



#### Work Safety Reminders

Always use **dry** and **clean** pot holders or kitchen towels. Wet or soiled rags conduct heat easily and can burn skin.

Be vocal when opening steamer and oven doors or moving hot pots and pans. For example, say loudly “hot pot” in order to limit the risk of injury to yourself or others.

Use a rolling cart to safely transport hot hotel pans or pots.

Don't hesitate to ask for help. If an oven rack is too tall or a pot is too heavy, ask for assistance to limit the risk of injury to yourself or others.

This product was funded by the USDA. This institution is an equal opportunity provider.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER