



Tips for professionals

The secret to serving a plate of delicious HELIOS pasta lies in the correct boiling technique



Small secrets for success:

Ratio of pasta -

water - salt:

For 1 kg pasta,

use 10 litres

water and 15-20g

(about 1 tbs) salt.



It's important that the water comes to a rolling boil before you add the pasta.



Do not
add oil
to the water.



Stir regularly
with a wooden
or plastic
cooking spoon.

In calculating cooking time, remember to take into account the time needed to mix the pasta with the sauce, usually another 1'-2'



Save 1-2 spoonfuls of the boiled water from the pasta to thin or bind the sauce.



The excellent quality of HELIOS pasta gives you two options for preparing it:

BOILING INSTRUCTIONS FOR À LA MINUTE COOKING:

- 1 Add the pasta to generously salted boiling water and stir.
- 2 Cook the pasta according to the recommended boiling time for à la minute cooking as written on the package, and depending on your personal preference.



- 3 Stir frequently without adding olive oil.
- 4 Drain, add oil or another vegetable oil if you like, or mix with the sauce of your choice and serve.



BOILING INSTRUCTIONS FOR DOUBLE COOKING:

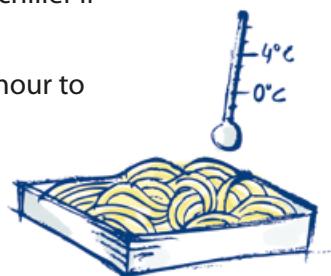
- 1 Add the pasta to generously salted boiling water and stir.
- 2 Cook the pasta according to the recommended boiling time for double cooking as written on the package. It is usually less or equal to half the time needed for à la minute cooking.



- 3 **Storing:** Drain the pasta and spread over a wide dish or baking pan. Add a little olive oil or other vegetable oil that is not aromatic so as not to alter the flavour.



- 4 Cool the pasta (use a blast chiller if possible) and store in the refrigerator (0-4°C) from 1 hour to 1 day (24 hours max.) until the rest of the preparation is complete.



- 5 **Final cooking:** Remove the pasta from the refrigerator and toss into a pot of boiling water for 40-60 seconds, or directly into the sauté pan with the sauce you have prepared for it.



- 6 Drain and serve with the sauce of your choice.



PASTA INDUSTRY

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