

HOW TO MAKE PASTA LIKE AN ITALIAN

9 EASY TO UNDERSTAND TIPS

HOMEBODYEATS.COM



ABOUT THE AUTHOR

Hi there, my name is Jessica!

I created a food and recipe website, Homebody Eats, in 2019 as a way to teach others how to master skills, culinary concepts, and high-quality dishes in their home kitchen.

Several years of formal and informal culinary training have led me to this point, including attending culinary school in Italy. I'm always reading, watching, and taking courses about food, so I can continue to learn and teach you.

All of my recipes and cooking guides are well-researched, thought-out, and tested. I hope to bring you the best quality recipes and guides to help you learn how to cook and bake at home. I can't wait to cook alongside you in your kitchen!

xoxo, *Jessica*



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TIPS FOR MAKING BETTER PASTA

1. ALWAYS SALT YOUR PASTA WATER

Salting your pasta water helps to infuse flavor into the pasta. It seems obvious to season the water, but many people don't! Italians tend to use coarse sea salt for this. In culinary school, we always tasted the boiling water (be carefully with this step) to ensure it was properly seasoned.



3. DON'T OVERCOOK THE PASTA

Even after cooking the pasta in the pan with the sauce, it should still have a firm bite to it. You never want the pasta to be soft or mushy!



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4. NEVER WASTE PASTA WATER

Mixing the starchy pasta water with your sauce helps to create a creamy pasta. In culinary school, we learned to use extra virgin olive oil as the start of our sauce then mix it with pasta water to create a creamy emulsion for our pasta.



5. FINISH COOKING THE PASTA WITH THE SAUCE



As I mentioned, the pasta should only be slightly cooked in the boiling water. After that, the pasta is transferred to the pan with sauce to finish cooking. During this process, you'll want to ladle pasta water into the sauce pan. This helps the pasta finish cooking and ensures the ingredients in the sauce don't burn or overcook during the last part of the cooking process.

6. ADD WATER IF YOU CAN HEAR THE PASTA

You never want to hear the pasta sizzling or searing while it cooks with the sauce. If you can hear it, add more pasta water or liquid to the pan.



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7. COOK THE PASTA & SAUCE AT HIGH HEAT

If you want super creamy and jammy pasta (you know, the kind that tastes like it's been perfectly cooked together), then you need to turn your stove to high heat while you cook the pasta with the sauce.



9. PASTA GARNISHES ADD LOTS OF FLAVOR

The garnishes you add on top of pasta such as infused olive oil (like [garlic oil](#) or [rosemary oil](#)), cheese, and herbs help to add tons of flavor. Don't be shy about enhancing your pasta with these types of garnishes.



WHAT'S NEXT?

Interested in learning more about making pasta at home? Check out our fun, instructional pasta classes like how to make Italian lasagna.

AUTHENTIC ITALIAN LASAGNA



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