

PASTA & HERBS

Pasta Cooking Tips

- *Salt your water generously – it's the only chance to season the pasta.*
- *Cook al dente – slightly firm to the bite.*
- *Reserve a little pasta water for sauces – it helps thicken and bind.*
- *Do not rinse your pasta after cooking.*

Essential Italian Herbs & Spices

- *Fresh herbs: Basil, Parsley, Rosemary, Thyme, Oregano*
- *Dried herbs & spices: Chili flakes, Fennel seeds, Garlic powder*
- *Quick tip: Fresh herbs = maximum flavor; add at the end for a punch.*

MEASUREMENTS & CONVERSIONS

Quick Measurement Conversions

Volume / Liquids

- 1 cup = 240 ml
- 1/2 cup = 120 ml
- 1/3 cup = 80 ml
- 1/4 cup = 60 ml
- 1 tablespoon (tbsp) = 15 ml
- 1 teaspoon (tsp) = 5 ml
- 1 pint = 473 ml
- 1 quart = 946 ml

Pasta Portions per Person

- Dry pasta: 75–100 g per person
- Fresh pasta: 100–125 g per person

Bonus Kitchen Tip:

- Always taste your sauce before serving – seasoning makes all the difference!