

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!*