

Penne Pasta in White Sauce



Figure 1: Penne Pasta in White Sauce

Cuisine: Italian

Preparation time: 15 minutes

Cooking time: 45 minutes

Total Time: 1 hour

Servings: 6

Pasta is a staple food of Italian Cuisine. It is typically served as a first course. It can also be served as an appetizer. Pasta is made from wheat or semolina flour. It is then formed into different shapes like spaghetti, penne, ravioli, lasagne, farfalle, and many more. Pasta is available in dried form or can be prepared fresh. It is commonly served with a sauce. Penne Pasta is a 2-inch tube-shaped cut diagonally at both ends. In this recipe, dried penne pasta is used. It is cooked and served in a white sauce. It is an Indian version of the traditional Italian pasta dish.

Ingredients



Figure 2: Ingredients

- Penne pasta 400 gm
- Milk 1 litre
- Butter half bowl
- Maida/ wheat flour 4 tbsp
- Oil 5 tablespoon
- Garlic 5 cloves finely chopped
- Vegetables cut into thin slices (onion, carrot, capsicum, tomato, or any other vegetables of choice)
- Salt as per taste
- Chilli flakes as per taste
- Oregano as per taste
- Black pepper powder as per taste

Procedure

1. Cooking Pasta

1. Take a large vessel half-filled with water. Keep it on high flame.
2. Add 1 tbsp salt and 1 tbsp oil to it.



Figure 3: Add salt



Figure 4: Add oil

- ✂ **Note:** Don't fill the vessel till the brim. It might overflow once it starts boiling.
- ✂ **Note:** Don't cook the pasta on high flame. The pasta might stick to the bottom of the vessel.

3. Bring it to a boil and add pasta to it. Keep it on low to medium flame and stir it from time to time.



Figure 5: Add Pasta

4. Once cooked, strain it with a strainer and keep it aside. Pasta takes about 20 minutes to cook.

***Note:** Do not overcook pasta otherwise it becomes sticky and loses its shape.*

***Tip:** Pasta can be cooked beforehand and preserved in the refrigerator.*



Figure 6: Strain the Cooked Pasta

2. Making White sauce

1. Take another thick bottom vessel and keep it on a low flame.
2. Add butter to it.



Figure 7: Add Butter

3. When butter melts, add the flour and stir it continuously.



Figure 8: Add flour



Figure 9: Stir continuously

Warning: Stir very fast on a low flame. The sauce might otherwise burn and give a bad taste.

4. After it turns slightly brown, slowly add milk while stirring continuously. Take care not to form lumps.



Figure 10: Add milk slowly while stirring

5. Cook it on low flame for about 30 minutes. Stir in between to check for consistency.

6. Ensure it doesn't stick to the bottom of the vessel. Gradually the sauce thickens. The consistency should be similar to that of a sauce. It should neither be too thick nor too runny.



Figure 11: Check the consistency of the Sauce

Tip: *If the sauce doesn't achieve the required consistency, add 1 or 2 cubes of cheese which will help it to become thick.*

7. Turn off the flame and keep it aside.

Tip: *Sauce can be prepared beforehand and preserved in the refrigerator.*

3. Preparation of Pasta in White Sauce

1. Take a thick pan. Add the remaining oil. Keep it on high flame.



Figure 12: Add oil

2. When oil gets heated, add the cut vegetables and the chopped garlic.



Figure 13: Add the cut Vegetables

3. Stir fry them on high flame for about five minutes.



Figure 14: Stir Fry the vegetables

✍ **Note:** One can add vegetables like sweet corn, baby corn, broccoli, red and yellow peppers, or any other vegetables of your choice.

4. Add white sauce to the vegetables and mix it gently.



Figure 15: Add the White Sauce to the Vegetables

5. Add the seasonings - salt, black pepper powder, oregano, chilli flakes as per taste.



Figure 16: Add Oregano, Chilli flakes, Salt, and Pepper Powder as per taste

6. Mix it gently and cook for 5 minutes.

7. Slowly add the cooked pasta and mix gently.



Figure 17: Add the Cooked Pasta



Figure 18: Mix well

8. Cover it and cook for five minutes.
9. The pasta is ready to serve. Grate cheese on it while serving.



Figure 19: Grate cheese before serving