

Manicotti



Picture found at codinos.com

Our theme this summer is world cup countries, so we are studying Italy. Italians eat a lot of pasta. The things that we learned about pasta are the history, ingredients, how to make pasta and what it looks like. Did you know that manicotti is not really a pasta? It is made out of cannelloni pasta.

The first people to make pasta were believed to be the Etruscan people in 4th century B.C. Did you know that pasta is the Italian term for dough? Did you know Thomas Jefferson was the first person to introduce pasta to the U.S.?

Pasta is made with wheat, water, and flour. Pasta is made with 4 steps. The 1st step is mixing. That's when you stir the flour, wheat, and water. The 2nd step is extruding. This is when the dough is pushed in a machine to take that shape. The 3rd step is drying. This happens when the pasta is sent through circulating hot moist air to dry pasta slowly. The 4th step is packing, that's putting the pasta into boxes.

Manicotti looks like flat pancakes before put in the extruder. The pasta looks large and tubular after being put into the extruder. Manicotti is often stuffed with meat, cheese, and vegetables. Manicotti is also put in sauce. People sometimes add tomato and eggs to the pasta. Alright that was my research on pasta I hope to try manicotti someday.

By Darren Simmons