



## Pasta Facts & Trivia

1. Crayola named a crayon color "Macaroni and Cheese" in 1993.
2. The word "pasta" comes from the Italian for paste, meaning a combination of flour and water.
3. The average Italian eats more than 51 pounds of pasta every year. The average person in North America eats about 15-20 pounds of pasta annually.
4. Many people believe that adding oil to the cooking water prevents pasta from sticking together. However, most culinary professionals advise against this as it can prevent the sauce from adhering to the pasta properly.
5. The "Pasta Rule" in cooking is 1-10-100 meaning 1 liter of water, 10 grams of salt, 100 grams of pasta.
6. Spaghetto is the singular word for spaghetti.
7. Al dente pasta not only tastes better, it keeps you full longer. This is because it takes longer to digest al dente pasta than it does overcooked pasta — thus making you feel full longer.
8. Most dried pastas are made with only two ingredients. Semolina flour and water. Fresh pasta, egg noodles, and some dried pasta varieties are made with eggs.
9. Uncooked dry pasta can be kept for up to a year.
10. One cup of cooked pasta is the size of your fist.
11. Pasta can be given to dogs and cats. It's believed it helps in their growth development and to help keep their coats glossy and healthy.
12. Tortellini Legend - an innkeeper in Castelfranco Emilia who is said to have spied on Venus through a keyhole and rolled out pasta in the shape of her navel. This legend is the origin of ombelico di Venere, which translates to "Venus' navel".
13. The word fusilli is believed to come from the Italian word "fuso" which means spindle. This name likely comes from the traditional method for making fusilli, which involves spinning spaghetti around a rod to create a spiral.
14. The name bucatini comes from Italian: *buco*, meaning "hole", while *bucato* means "pierced".
15. Many believe the shape of Radiatori pasta is based on the design of a Bugatti radiator.