

In pasta it's the shape that counts

Thrifty shoppers are piling more pasta products in their shopping carts these days. This makes good sense because macaroni, spaghetti and noodles help stretch food dollars by extending more expensive protein foods.

"Macaroni" is both a generic and a specific term. Generally, it describes the whole world of spaghetti, macaroni and noodles. These products are also known as pasta, an Italian word meaning "pasta" (dough). Macaroni also means a specific kind of pasta product. The standard of identity for macaroni describes it as hollow and tube-shaped, from 9.11 to 0.27 inch in diameter.

Spaghetti is solid and cord-shaped, from 0.08 to 0.11 inch in diameter. Macaroni and spaghetti differ only in shape.

NOODLES are flat and always contain egg or egg solids. According to the federal standard of identity, at least 5.5 percent by weight of the total solids of noodles must be added egg solids.

The best pasta products are made from durum wheat, a special variety of hard wheat grown in the north central United States. Though they're related, hard wheat is quite different from the soft wheat grown in Michigan. Michigan's soft white winter wheat is prized as an ingredient in cake mixes, where a light, tender texture is desired.

Durum is an extremely hard spring wheat. It is milled by special equipment into granular semolina, a coarse grind of flour made from the heart of durum wheat, or ground more finely into flour.

THE SEMOLINA or flour is mixed with water and the resulting dough is

forced through dies to form the plain and fancy shapes for which the pasta family is famous.

Durum pastas, labeled "durum" or "made from semolina," cost no more than those made from ordinary flour, but they are considered premium quality. Macaroni products made from durum or semolina are superior because they retain their shape and firmness during cooking. The lack of a milky-looking starch residue in the cooking water is another clue that pasta was made from durum wheat.

Cooks in the United States can choose from about 150 different pasta shapes. Italian cooks have a much greater choice — about 500 sizes and shapes.

SUBSTITUTING an unusual macaroni product is an easy way to give a new look to familiar pasta dishes. When substituting one type of uncooked macaroni product for another, make the substitution on the basis of weight rather than volume.

Cup measurements of uncooked macaroni foods may not be accurate for several reasons. Pasta products cook up differently. Macaroni and spaghetti swell to about twice their measure when cooked. Noodles increase somewhat less. The variety of shapes and differences in air space between pieces also make uncooked pasta products measure differently. Cup measurements of cooked pasta products are satisfactory, however.

About 90 percent of the macaroni products in this country are enriched with iron and some of the B vitamins.

A spud by any other name...

There's a mistaken notion that seems to be rather prevalent, according to Roy Kaschky, executive director of the Michigan Potato Industry Commission.

"A lot of homemakers seem to think that if a potato bag says 'Idaho' on it, the potatoes are intended for baking, but if it says 'Michigan' on it, the potatoes are not meant to be baked."

"That's a misconception about Michigan potatoes," said Kaschky.

"Michigan potatoes make very good bakers. They're good all-purpose potatoes, and that includes baking."

As good a bargain as Michigan potatoes are right now, at only pennies per pound, consumers who think they have to buy potatoes grown in other states in order to get good baking potatoes are missing a real good bet.

Kaschky thinks there are two main points that need to be made clear.

For one, he stresses, there is no such thing as a potato variety named "Idaho." Actually an Idaho potato is simply a potato grown in Idaho. That state happens to specialize in a variety called Russet Burbank, which has a dry, mealy texture and lends itself well to baking.

But Russet Burbanks are grown elsewhere, too — like Michigan. Michigan Russet Burbanks exhibit the same good characteristics for baking, he said, explaining that the dryness and mealliness go with the variety, not the source region.

More Russet Burbanks are produced are produced in Michigan than any other variety, but the majority of them go into the state's processing plants, where they are made into french fries and hash browns.

"Many Michigan Russet Burbanks go to grocers' shelves, too, however. Since they are home-grown and don't have to have 2,000 miles of freight charges added into the price at the store, he said, consumers can get just as good a tuber for a lot less cost than a western Russet Burbank."

The other point that should be clarified, Kaschky said, is that "round white" potatoes are also good for baking.

"Round whites are the other basic type of potato grown in Michigan and account for more fresh-market sales than Michigan Russet Burbanks and have a slightly lighter skin color, though noticeably more brownish than 'white.'"

"Round white potatoes are good any way you want to prepare them," he said. "You can mash 'em, boil 'em and bake 'em. They're good fried, they're ideal for scalloping, they're great in potato salads and they're perfect for creaming. But don't forget that they can be baked."

The texture of baked round whites won't be quite as dry as Russet Burbanks, but still and end result is excellent, he said.

He noted that another testimony to that usage came recently at a food dealers' convention banquet featuring all Michigan products. The potato dish was baked Michigan round whites, and there were many compliments on how good they were, he said.

He pointed out that in grocery stores, bags of Michigan potatoes usually do not specify what type or variety is inside, although in some cases Russet Burbanks may have that name prominently displayed.

If not, chances are the contents are one of the round white varieties. "The label won't say they're baking potatoes, either," he said, "but remember — you can use them that way anyway."

"In times like these, most of us are watching our pennies wherever we can. It just makes a lot of sense to try to get the most for our money, and Michigan potatoes are always reasonably priced."

"If you like baked potatoes, get a real bargain next time. Bake a Michigan potato."

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IGA TABLETTE Post Toasties
89¢
Limit one coupon per family. Coupon good through Saturday, February 5, 1983. SAVE 10¢

COUPON

IGA TABLETTE Philadelphia Cream Cheese
79¢
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IGA TABLETTE Lowfat Milk
\$1.39
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