

Better Than Restaurant Quality Meals, Prepared Easily at Home

STORAGE / USAGE

Fresh Pasta: Keep frozen for up to 3 months / Defrost before cooking

Dry Pasta: 3 to 6 months in pantry / Store unused dry pasta in an airtight storage bag.

Ravioli: Frozen - 3 months / Cook from frozen, do not defrost

Sauces: Frozen - 3 months / Once defrosted, use within 5 to 7 days

Meals: Frozen - 3 months / Defrost before cooking / Eat leftovers within 5 to 7 days

Pizza Crust: Frozen - 12 months / Defrost 15 minutes on counter / Cook thawed crust in 5 to 7 days

Tiramisu: Frozen - 3 months / Defrost in refrigerator for 2 hours / Eat in 5 to 7 days. *Sausage Crumbles* Frozen - 3 months / Refrigerated for 5 to 7 days. This is a cooked product.

COOKING INSTRUCTIONS

- 1. Cooking suggestions are for one pound of pasta. Please cook your pasta according to your liking. Determining the doneness of your pasta by taste only and not according to any predetermined time frame is essential. Fresh pasta cooks quicker than dry pasta and thin pasta will cook quicker than thick pasta.
- 2. Defrost fresh frozen pasta in the refrigerator the night before use; however, **Gnocchi, Ravioli, and Tortellini** should be cooked from frozen (see instructions below).
- 3. Bring four or five quarts of water to a boil at high heat and add 1 tablespoon of salt (water should taste salty).
- 4. Add pasta and turn your heat down a little to a medium boil. Stir your pasta occasionally while it cooks. Begin tasting your pasta when it begins to soften.
- 5. Remove the pasta from the pot when it reaches your preferred level of doneness. We recommend you cook your pasta "al dente", slightly firm, prior to becoming soft.
- 6. Remove the pasta and place it directly into the pan next to you with warmed pasta sauce. Mix well with pasta sauce. Add small amounts of pasta water to the pan to thin your sauce, <u>but only if needed</u>. Plate your pasta and eat it while it is hot.
- 7. Never rinse cooked pasta with water.

Gnocchi - <u>Cook from frozen!</u> <u>Do not thaw!</u> Gnocchi is ready when all are floating after a few minutes of cooking in boiling and salted water; however, you may continue to cook Gnocchi to reach a firmer consistency. After boiling, Gnocchi can also be pan fried in butter for a completely different experience.

Cannelloni / Manicotti / Stuffed Shells - <u>Thaw before cooking!</u> Coat a baking pan with spray. Add a light layer of sauce to coat the bottom of the baking pan; add the thawed, stuffed pasta, cover with remaining sauce, and more cheese. Cover pan with foil and bake at 350 degrees for 30 minutes. Remove the foil and bake for 10 to 20 minutes or more until the cheese is melted and slightly browned. Cook longer if the center is not fully cooked through.

Ravioli / Tortellini - Cook from frozen! Do not thaw! Cook for several minutes untibliavioli/tortellini are floating. Cook an additional three or four minutes to allow the ravioli/tortellini to become plump.

Lasagna / **Baked Ziti** / **Chicken Tetrazzini** - <u>Fully thaw casserole</u>. Remove lid and plastic wrap and tightly cover casserole with foil. Preheat oven to 350 degrees and bake casserole for 30 minutes covered and 20 minutes uncovered. Continue cooking if center is not completely warmed through. Rest for 10 minutes before serving.

Pre-Baked Pizza Crusts -Store frozen until use. Thaw completely (10 minutes on the rack. counter), add toppings, and bake in а pre-heated oven directly on Cook flatbread until brown (4 to 8 minutes) and 12" round crust at 475 F for 5 to 6 minutes. Once thawed, uncooked pizza crust should be cooked within 10 days. Store leftover pizza in the refrigerator and eat leftovers within 5 to 7 days.

www.LucidosPasta.com | Paul@LucidosPasta.com | 214.407.1693 (Voice + Text)

Argyle, Coppell, Denton, Flower Mound, McKinney, Rockwall, Watauga, Winnsboro



