**Surviving at University – How to cook** **Rice and Pasta**

**Pasta**

* Quantity wise ½ a pint or 1 mug of dried pasta shapes will be enough for one person
* All shop-bought pasta comes with cooking instructions and remember to:
  + Cook pasta in loads of simmering water with half a teaspoon of cooking salt added
  + Once the pasta is cooked, season it with a drizzle of olive oil and salt and pepper

*If you cook too much pasta, leave it to cool completely, cover it and pop it in the fridge. You can then use this as a pasta salad and eat it cold, or you can reheat it by immersing in boiling water for two minutes.*

Uncooked rice can contain spores of Bacillus cereus, bacteria that can cause food poisoning. The spores can survive when rice is cooked. If rice is left standing at room temperature, the spores can grow into bacteria. These bacteria will multiply and may produce toxins (poisons) that cause vomiting or diarrhoea. The longer cooked rice is left at room temperature, the more likely it is that the bacteria or toxins could make the rice unsafe to eat

If you are reheating rice please be aware of the following guidelines from the NHS:

* Ideally, serve rice as soon as it has been cooked
* If that is not possible, cool the rice as quickly as possible (ideally within 1 hour)
* Keep rice in the fridge for no more than 1 day until reheating
* When you reheat rice, always check that it's steaming hot all the way through.
* Do not reheat rice more than once

**Rice**

People have different methods of cooking rice. You can just add the required amount of rice to boiling water and cook for the time started on the packaging. You could also try the absorption method:

* Pour a mug of rice into a saucepan that has a lid. With the same mug, pour in one and half mug full of fresh water.
* Place the saucepan over a high heat and bring to the boil
* Once the water is boiling, place the lid on top and reduce heat to the lowest possible setting
* Leave the rice to cook like this for 6 minutes
* Then turn off the heat and allow the rice to sit in the pan with the lid on for 5 minutes
* Serve