

Pasta - Real Life Cooking from a PhD Student

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Abstract: I cooked spaghetti with mushroom cream sauce. It turns out great.

Pasta is commonly known as the easiest dish to cook. However, I wanted to make it taste great.

My favourite pasta sauce is the cream mushroom sauce. I followed the recipe in [Florence \(2014\)](#).

There are numerous studies showing that shape, color and form have an effect on the taste. For this reason, instead of just using the tasty portobello mushrooms, I used a mix of the two types: I diced the portobello mushrooms, but I sliced the brown mushrooms, keeping their mushroom shape visible. This way, I keep the essential mushroomness in the sauce.

Heavy cream from the recipe is just whipped cream. I used that. I put in dried bay leaves as they are, and took them out before serving. I used sliced the garlic instead of finely mincing it. I also used olive oil.

The mushroom sauce is easy: You just saute the mushrooms first, add the sliced garlic, keep sauteing for a few minutes, and then add the mushroom sauce. Here is the real trick: You time the sauce and the pasta such that just before the pasta is cooked, you take out the pasta, and put it in with the sauce. Then you stir and simmer the pasta with the sauce for a few minutes. The result is amazing. This little trick is from [Esposito \(2013\)](#), who has other great tips about cooking pasta.