

### Context considerations

**Sustainability of resources:** A process in which it is sustainable is recycling, reusing and upcycling ingredients. A possible solution would be to feed any cooked pasta wastage to chickens that in turn will produce eggs that can be used in pasta, creating a sustainable cycle. The eggs that are used in making pasta also leave shells, which can be put into compost which can be used as soil to help herbs and vegetables that can be used in the making of the pasta, also being a part of the sustainable cycle. For my product I will need to make it quick and easy to make, not requiring much time, so as to increase its allure in buying easy and fast food to make. By dehydrating the pasta, and packaging it, it will increase the pasta's sustainability, and allow it to be used whenever it is needed, instead of having to go through the trouble of making fresh pasta, which cannot stay fresh for long.

**Ethical:** I will need to be sensitive to social and cultural needs so I will need to recognise and respect the different cultural identities of others and safely meet their needs. This means that "Modification of plans, where and when necessary, following discussions with participating groups; Approval and/or support by ethnic group(s) involved in the study must be sought before fieldwork begins" If participants decided to practice in Jainism I would need to cater to the vegan diet, as Jains do not eat meat or animal products. This would also mean that I should take into account who I am working next to, so as to prevent cross contamination with the foods.

**Testing:** First step to making the pasta I got 100 grams of flour and put it on the bench in which I made a well in the flour. The egg was then put in the well and mixed slowly adding flour into the egg, so it started forming into a mixture. Before fully mixing it into a dough I added 2Tbs of tomato paste into half of the mixture and pureed spinach into the other half. Then put them in the fridge for the next day. 4



From the fridge the pasta dough was quite damp, so I had to get a cup of flour, so it didn't get stuck when rolling out in the pasta machine. once the tomato paste dough was rolled out till the 5th thinning I cut the rolled out dough in half and lay basil leaves on one side of the pasta where I then put the other layer on top of the basil layer and put it through the pasta roller machine, I however made the mistake of putting the spinach layer in between the tomato layer, instead of having it as the backing side as I had originally planned. as it was already in between the layers, I would not separate them, so instead the pasta was given a darker brown kind of red as the green made the red appear this way. I had plenty of leftover pasta, so I experimented to see if red pasta was easier to see in green pasta, and the other way around. 4

**Equipment:** making pasta I will need to select suitable materials and/ or components and apply techniques and processes I have learnt to make the product. From the sessions with Tilda, I have learnt how to shape pasta into penne, how to roll it through the machine, how to make ravioli and gnocchi, as well as been inspired to add ingredients into the dough. 2

At school there are all the required equipment needed for making pasta, such as a pasta roller machine, as well as fettuccine cutter attachment, forks, wooden paddles as well as butter paddles, there are also all the ingredients, such as high grade flour, semolina, eggs, and other ingredients needed, like spinach, tomato paste, mixed herbs etc.

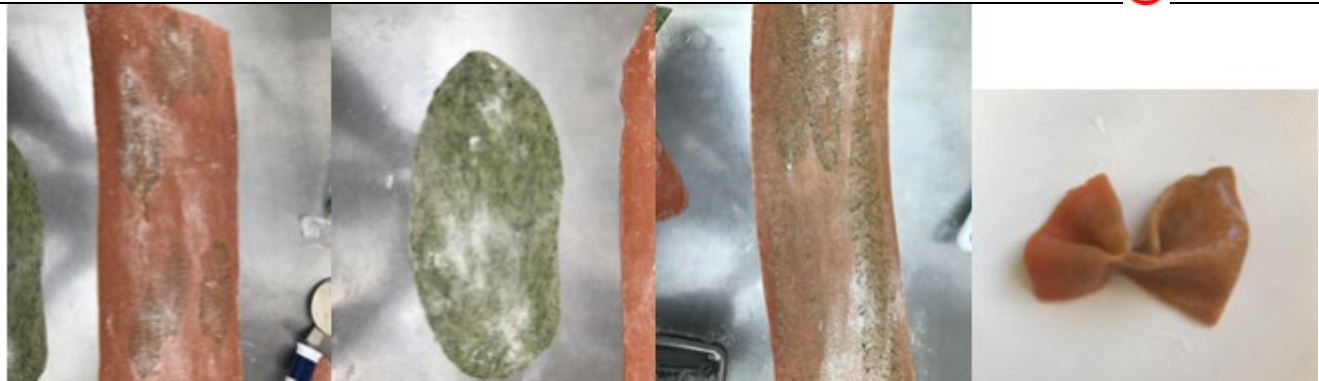
**Tomato paste**



A possible ingredient I could use is tomato paste. It has health beneficial properties, as it is an antioxidant. And as it is red, it should give the pasta a red tinge. The ingredient will be from Countdown, at a cost of \$2:00. (2)

Tomato is an antioxidant, which can help protect the body from diseases and certain cancers, so adding it into the pasta can help with their health. Tomatoes are also full of vitamin b which "has a direct impact on your energy levels, brain function, and cell metabolism."<sup>4</sup> This is extremely beneficial to my target market, as it can provide them energy for their sports they do.

Once cooked the pasta turned from a red colour to an orange colour, however there was too much flour on the spiral pasta, so therefore once cooked some of the flour was still on the spiral in the creases. This will be something I will need to control in the future as from my target market's feedback, I found it did not taste very nice because of the flour content, therefore I must make sure less flour is added. (4)



**From my Target markets feedback:** I also discovered that the majority doesn't like the orange with green underneath because once cooked it had an odd orange colour, they also didn't like the green with the orange as it was unappealing, therefore is not socially acceptable. So when finalising my product, I will need to make sure not to add a green colour to the pasta, however, from looking at more of the feedback, they said they quiet liked how the basil was in the layers of the pasta, so instead of adding a green colour to the pasta, I can put basil, and spinach in the layers of the pasta. (3)

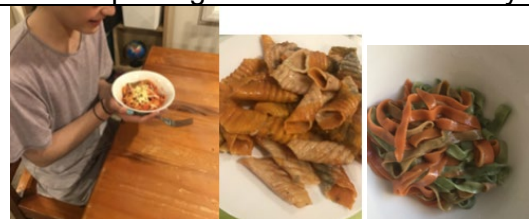


I cut the herb dough in half and put half of the tomato paste dough in the fettuccine cutter and wider strip of pasta. I grabbed one strip of fettuccine and the strip I cut myself and put it on top of one of the herb dough layers and then I put the second layer on top where I then put it all through the pasta machine. (4)

**Fitness for Purpose - Feedback**

When asking my target market for their thoughts on the final pasta having dried herbs or fresh herbs, they preferred the appearance of the fresh herbed pasta, but the taste of the dried herb was better. This was because you tasted all the herbs together, whereas in the fresh herb pasta you would taste the singular herb which can overpower it. I identified that there was a lot of fresh herbs wasted also so I decided I would modify the recipe in the future to use dried herbs as dried mixed herbs have less waste and keeps longer so can be used many more times. (3)

It was decided that for the product, it will have tomato paste, basil and dried mixed herbs so it still gives the flavour of a pasta sauce, which means some cheese, or butter, can be added if you are in a hurry. All three natural additives each have health benefits, basil which can alleviate stress that can help with competitions, tomato paste is full of nutrients and antioxidants that protect against disease, which dried mixed herbs are also full of. (2)



(5)