


☐

I'm not robot


reCAPTCHA

Continue

Acini de pepe vs couscous

I couldn't find acini di pepe pasta in my nearby grocery store. Can I replace Israeli couscous (bigger gems than regular couscous) or should I find a shop with a larger selection? What is the difference between the two pastas? Thirty years ago, I ate a bowl of this every morning with some kind of soft-yolk egg. Our adventure with Israeli cous cous made me think about how to have this flavor treat without spending a fortune on the real thing. I don't remember the price I paid at Trader Joe's, but it was probably less than the \$10./pound prices I find on the internet these days. So I got some Acini de Pepe to do a run at duplicate the experience of the original Israeli Cous Cous that I had blogged about earlier. I thought it turned out well. We had this for a light supper one night as dinner was really late. I cooked about 3/4 of a cup of Acini de Pepe in two cups of water. Perfect! I had made ghee earlier, so had the foam that I had scraped it, so I added it to the pasta to slick it up some. Other ad hoc ingredients were: Montreal Steak Spices, tarragon, sundried tomatoes (cut up very small because I didn't rehydrate them - wanted an intense tomato flavor), sautéed mushrooms, Mexican spring onions, bits of ham, and some leftover spinach. We each added some freshly poured lemon pepper, which added just the zing it needed. DH is a fan of spicier food than I am, so he added roasted Hatch chilis and Medium Salsa to his. Most of his was gone before I could have the camera swung around to his side of the table! This post was published in Uncategorized and tagged Acini de Pepe, Arizona, Dinner, Eggs, Food, Full Plates, Ham, Israeli Cous Cous, Cuisine, Mexican Spring Onions, Montreal Steak Spices, Mushrooms, Sierra Vista, Spinach, Sun dried Tomatoes, Tarragon. Bookmark permalink. This article must have additional quotes for confirmation. Help improve this article by adding citations to trusted sources. Material that does not have sourced material may be challenged and removed. Find sources: Acini di pepe - news · newspapers · books · scholar · JSTOR (September 2014) (Learn how and when to remove this template message) Acini di pepeAlternative namesPastinaTypePastaPlace of OriginItaly Cookbook: Acini di pepe Acini di pepe [ˈa.tʃɪni diˈpe—pe] is a form of pasta. The name is Italian for seeds of pepper. Acini is the plural form of acino, whose root is the Latin word acinus. In both Latin and Italian, the word means grape or grape stone. The stones of a grape are, of course, the seeds of the grape. Acini di pepe then translates into the seeds of a pepper. They were and are known as a symbol of fertility, which is why they are used in Italian wedding soup. They are also sometimes referred to as parsnips too small dough); Some Some makers distinguish the parsnips as less than acini di pepe. The individual pieces usually look like small cylinders about 1mm, or less, in each dimension. Acini di pepe works well in soups and cold salads. Acini di pepe is often used in Italian wedding soup. Frog's eye salad is an American cold salad that combines the pasta with whipped topping, marshmallows, pineapple and mandarin oranges. References This food ingredient-related article is a stub. You can help Wikipedia by expanding it.vte Sourced from 07/14/2011 Love this salad! It has great Greek tastes that my whole family loves. The few changes I made were adding some sliced cucumbers and halved grape tomatoes. It gave it crunch and freshness, which I associate with salads. Feta and olives are perfect. Unlike many salads, this one actually got better after sitting for a day or two. If your pasta absorbs too much of the dressing, that really is a very minimal add more. I also gave it a good shake of red wine vinegar to wake up the flavor. As written it is a 3. With my tweaks, it's a 5. Therefore, I am settling on an overall rating of 4.05/07/2011 This was really easy and delicious. I added more red pepper because we love to eat fire. I served this cold. My husband loved it. I will do this for company. 04/11/2015 Delicious! I added green onion feta tomatoes and calamata olives. Was divine. 1 of 2 Pasta Pearls and Olive Salad Avon- status quo PRO 2 of 2 Pasta Pearls and Olive Salad Marya Wroten I love this wonderful, versatile, pasta (NOT a grain) and I have been cooking and serving it for many years. I especially like to serve it with chicken or fish. While kids love it as a simple weeknight side dish (mine did) when paired with the right main course, I think it's royal enough to be served at an elegant dinner party. While teaching a cooking class last summer, it surprised me to learn how many people have never tried it because they think it's hard to prepare. Nothing could be further from the truth. Busy chefs rely on couscous as a secret time saver. Couscous is often referred to as Moroccan, but that is wrong. It is also a toast to Algeria, Turkey, Tunisia, Libya and Egypt, all of which claim to be home to couscous. Couscous, similar and often mistaken for grain, are actually small coarse-earth semolina paste. Making and cooking couscous in the traditional way is a time-consuming process. It requires time and patience. 2-3 rounds (2-3 hours) in a special steamer to achieve this. The steamer, called a couscousian, is similar to a doorknwn layer placed over a large pot. In short, while a thick, hearty stew slow simmers in the big bottom couscous steams on top. Perfectly cooked for tooth (al dente) couscous is light, fluffy and loose-grained, loose-grained, sticky, rubbery or gritty. Unless couscous is served with hot milk as a porridge for breakfast, cold in a salad or incorporated into a dessert, it is served under the aforementioned stew, which contains a meat or poultry, lots of vegetables, roasted almonds, dates, currants and/or raisins, along with a variety of fragrant spices. Moroccans often add saffron, Algerians like to add tomatoes and Tunisians spice their up with the fiery hot-pepper-based harissa sauce, which is sold in Middle Eastern markets. The steamed couscous is heaped on a communal plate with stew ladled on top of it. Diners typically use pieces of bread to scoop it from the common plate. Finely milled Moroccan couscous (pictured below) is the cousin of the larger-sized Israeli couscous (pictured here), which are sometimes referred to as pasta pearls. It is often toasted in a frying pan with a bit of EVOO and/or butter to bring up a nice nutty flavor when cooked. Israeli couscous is similar in size to pasta form called acini di pepe. While cooked couscous and acini di pepe can be used interchangeably in a lot of applications, it is important not to confuse the two. Here's why: While couscous is considered a pasta, pasta is not considered couscous and cannot be cooked like couscous. Unlike how pasta is prepared (a mixture of semolina and water), couscous is not kneaded, which means that gluten is not released. So while pasta requires a lot of boiling water for it to tumble around while cooking and absorbing moisture, couscous doesn't. Cooking acini de pepe in the same way would result in a starchy, sticky product. Traditional couscous cooking is not what we focus on here today. For the most part, couscous, sold in our Western supermarkets, have been evaporated, then dried and referred to as instant couscous, and there's no shame in this kind of easy - especially when it's so versatile and down pretty delicious. Unlike its counterpart, it cooks very quickly, for about 5 minutes, so be sure to check that this is what you buy. Like its counterpart, when properly cooked it is very light and fluffy. The following is my basic, plain, unembellished recipe for couscous: 1 3/4 cups of instant couscous (or 1, 10-ounce box) 2 cups of water or stock (beef, chicken, vegetables, etc.) 4 tablespoons butter, cut into pieces 1/2 teaspoon salt ~ Step 1. In a 1 1/2-2-quart pan bring 2 cups of water and 4 tablespoons of butter to the boil over high heat. Step 2. Gradually sprinkle/add the couscous to the boiling water. Remove the pan from the heat. Using a large spoon, give the couscous a short but thorough stirring. Cover the pan and set aside for 5-6 minutes. ~ Step 3. Uncover the pan and use a fork, gently fluff couscous. I describe fluffing as gently tearing through couscous to its grains and incorporate air, which conveys volume. ~ Step 4. Serve immediately as an accompaniment to something you would serve rice with. As I mentioned above, I especially like to serve couscous with fish or chicken. That said, here's a picture of my Couscous & Dilled Summer Squash stuffed tomatoes. You can find my recipe for ~ Dilled Summer Squash, Zucchini & Onion Saute ~ in categories 4 & 14.You can read my instructions for ~ How to: Hollow Out Tomatoes to Fill Them ~ in categories 4 & 15! Couscous: What is and how to cook & use it: Recipe provides 5 cups of cooked couscous or about 4-6 servings. List of special equipment: 1 1/2-2-quart pan w/lid; 2-cup measuring container; large spoon; fork Cook's Note: Cover and store in refrigerator residue. To reheat and serve: return to room temperature, reheat in the microwave and re-fluff with a fork just before serving. We are all in this food world together. ~ Melanie Preschutti (Recipe, Comment and Photos courtesy of Melanie's Kitchen/Copyright 2011) Acini di Pepe © Denzil Green 1 Cooking Tips 2 Substitutes 3 Equivalents 4 Language Notes Acini di Pepe is very small pasta, about the size of peppercorns (hence their name, which means just that in Italian, although they are actually smaller than that, about the size of a grain of couscous.) They're made of semolina. They are meant to be cooked in and served in a light soup, such as a broth. They can also be used for pasta salads. Italian Wedding Soup, a well-known soup, often uses Acini di Pepe. An American salad, Frog's Eye Salad, uses Acini di Pepe along with mandarin orange pieces, pineapple pieces, whipped dessert topping, and marshmallows. Cooking Tips Ideal, cook in a broth as they absorb taste very well. If not, water is fine (maybe with a bay leaf or two, a splash of white wine or French vermouth?) Bring the liquid to the boil. When the liquid reaches an abscess, add the Acini di Pepe, lower the heat and start timing. For salads or tender to bite: cook 6 minutes. For al dente (tender to bite) in soups: cook 6 minutes. To soak in soups: cook 8 minutes. For broth type soups, per person, allow 200 ml (7 oz) of broth. Use 30g (1oz) of Acini di Pepe for a thin soup; 40g (1.5oz) for a thicker one. Alternates Orzo, rice, couscous. Per 85g (1/2 cup) dry Calories Fat Cholesterol Carbohydrate Fiber Sugar Protein Equivalents 1 cup, dry = 170g (6 oz) Language Notes Pronounced ah-CHEE-nee dee PAY-pay. Acini means berries (singular, acino, from the Latin word acinus means the same.) Pepe means pepper. Then pepper berries. Sometimes also spelled Acini de Pepe. Pepe.