

Transcript - Let's Talk Food Literacy: Pasta Puttanesca

We start in a commercial kitchen with Audrey and Carolyn McCarthy placing the ingredients that will be used to make the pasta puttanesca on the counter. As they do this, images of puzzle pieces pop up in sequence with the words 'explore', 'build', and 'connect'. Elaine McCarthy, Community Worker, joins them in the kitchen.

Hi! I'm Elaine, a Community Worker with a passion for nutrition and delicious food. I'm here today with my daughters Audrey and Carolyn and we are going to show you how to make a pasta puttanesca.

As Elaine speaks, we see ingredients that will be used in this recipe including tuna, olives, lemons, capers, onions, parmesan, zucchini, greens and mushrooms.

Pasta puttanesca is a great weeknight meal, it comes together very quickly and you can change it up based on what you might find in your fridge or in your cupboard.

Elaine brings Carolyn a damp paper towel and helps her place it under her cutting board at the kitchen counter. Now both Carolyn and Audrey have cutting boards in front of them.

Elaine: you guys ready to start cooking?

Carolyn and Audrey: Yup

Elaine: Here's your paper towel so your cutting board is not slippery.

Carolyn: Thank you.

Elaine: And then I guess my advice is just wash your vegetables... and your hands!

We see Carolyn washing her hands and Audrey turns on the stove. She pours 1 tablespoon of oil into her pan. We see Carolyn transfer minced garlic into a bowl. Then the bowl containing both the minced garlic and onions is added to the hot oil.

Audrey: We are going to start with heating the oil over medium heat. About a tablespoon

Carolyn: Add garlic and cook until fragrant, about 1 minute. Don't you guys love the smell of garlic?

We see Elaine, Carolyn, and Audrey together at the counter once more.

Elaine: Oh, I certainly do.

Elaine turns on another burner to boil a large stockpot of water. We see the uncooked whole grain noodles before they go into the stockpot. Next, we see Audrey and Carolyn wash and chop the vegetables including zucchini, green onions, and spinach. As Carolyn chops the spinach, Audrey starts to chop mushrooms. Then we see the bowl of vegetables on the counter including green onion, spinach, kale, potatoes, and zucchini.

Audrey: We are also going to boil some water to get our whole grain pasta started. Use the directions on your package to cook your pasta. We found a local zucchini, some green onions, and baby spinach in our fridge that we would like to use so they don't get wasted.

Elaine: I'm just going to do a rough chop.

Carolyn: These [mushrooms] aren't in the recipe, but you can always add vegetables you have on hand. We like to make vegetables about half of the plate, so we get a lot of important vitamins and minerals.

We come back to Elaine and her daughters standing at the counter while Audrey explains how more vegetables can be added to the pasta meal. Then we see both girls chopping more vegetables including zucchini and celery.

Audrey: So, that means adding extra to the pasta, or having some fresh, frozen, or canned on the side.

Carolyn: Frozen green peas and broccoli are great to toss into pastas, salads, casseroles, and soups.

We see Audrey stir the cooking onions and garlic. Carolyn and Audrey add in the chopped mushrooms and broccoli. Carolyn continues to stir the pan as Audrey explains why they are wearing gloves.

Carolyn: To add a deeper flavor to your sauce you can add whole anchovies or anchovy paste - if you are up for it! Cook until fragrant, another minute.

Audrey: Mmm, it smells really good!

Carolyn: Now I'm just going to add the mushrooms

Audrey: So, the only reason that we are wearing gloves is because we have nail polish on. But when you're at home you don't have to use gloves, you just have to wash your hands.

Next the girls add the canned tomatoes, broccoli, olives, and capers. While they do this, they also continue to stir the pan. Next, they add a teaspoon of pepper flakes and tuna. Carolyn is on the screen and suggests other options that can be added instead of tuna.

Carolyn: Add canned tomatoes. If you have fresh or cherry tomatoes you can use these too. Add the broccoli. Add olives and capers, capers are picked flower buds from the Mediterranean.

Audrey: And red pepper flakes and drained tuna. We are using light skip jack tuna, which we like to have on-hand in our pantry.

Carolyn: You could also use salmon, leftover chicken, chickpeas or a can of rinsed lentils.

Audrey transfers the chopped spinach to a large bowl and then pours it into the pan with all the vegetables.

Audrey: So, we just wanted to wait to add the spinach until the end because it wilts pretty fast.

Carolyn pulls out a noodle from the large stock pot with a wooden spoon. Both Audrey and Carolyn test taste the pasta noodle to make sure that it is cooked.

Carolyn: It's good to test taste your pasta to make sure it's cooked through.

Audrey: I think it's good. We are going to toss the cooked noodles into the pan

Carolyn picks up the large pot with the noodles using two towels. She walks it to the sink and drains it away from herself into a colander. Once she is done, she returns the pot back to the stove and turns off the heat. Audrey begins to add the pasta sauce, including the vegetables, into the large stock pot. As she does this, Carolyn brings the drained pasta noodles back to the stove and pours them into the large stock pot again.

Carolyn: Just make sure you have a little cloth or something so you don't burn your hands

Carolyn: Ooh, it's hot!

Audrey: And she's pouring it away from her so she doesn't risk pouring the hot water on herself.

Carolyn: and drain the water a little slower so it doesn't splash up into your face. And there you go. And then we are just going to turn off the heat.

Carolyn: Seems like there's not enough room in the pan to add all the pasta

Audrey: So I'm just going to put it into the pot

Carolyn: Watch out Audrey!

As Audrey continues to transfer the pasta sauce to the noodles, Carolyn adds the chopped parsley and parmesan. Then they stir to combine the sauce with the noodles. Next, both grab a fork and test-taste the pasta.

Carolyn: Is it ok if I add parsley?

Audrey: yep.

Carolyn: what about the parmesan?

Audrey: Yep, go ahead.

Elaine: How's it going in here guys?

Carolyn: Good—we just taste tested it

Elaine returns to the kitchen and takes a look at the pasta.

Elaine: Oh, my goodness, it looks delicious, smells delicious.

Audrey: It is delicious.

Elaine: It is—yea that's awesome. So, did you guys want to sit down and I'll serve this up to you?

Audrey and Carolyn walk out to the kitchen as Elaine plates the pasta.

Carolyn and Audrey: Sure

Carolyn: Can you get me some water too please?

Audrey: Me too (giggles)

Elaine: Thanks

We see the plate of pasta and then return to Elaine, Audrey, and Carolyn standing at the counter.

Elaine, Audrey, and Carolyn: We hope you enjoy this recipe as much as we do! (giggles)

Eat well. Live well.

The video ends with an image of a puzzle piece with the words 'Eat well. Live well' on the left-hand side, with food-guide.canada.ca below it. An acknowledgement logo for Food Literacy for Life, foodliteracy.ca, appears on the right-hand side along with 'created by Peterborough Public Health' (logo shown). A visual of the food literacy framework from foodliteracy.ca appears on the left-hand side of the screen, with 'Food Literacy' pictured in the center of a circle. The following colourful puzzle pieces surround it: 'Food Skills, Self-Efficacy and Confidence, Ecological Factors (External), Food Decisions, and Food and Nutrition Knowledge.'
