How To Cook Pasta In Just One Minute

Pretty much everyone eats pasta and noodles (unless you are gluten intolerant). I think most people cook their pasta for between ten and fifteen minutes, but there is a way of cutting the cooking time down to just a minute or two. This obviously saves cooking time and money spent on cooking fuel/energy. It's also useful for cooking pasta when camping etc as it dramatically cuts down on the fuel required for cooking.

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It's very simple actually - all you need to do is soak your pasta or noodles in cold water for 90 minutes or so before cooking. Doing this allows the pasta to absorb water and soften before cooking. It is this process that makes pasta usually take longer to cook from scratch. By doing this beforehand, it only takes a minute or two (depending on how you like your pasta) for the pasta to warm through, activate the starch and soften further.

There you go - pasta and noodles cooked and ready to eat in one minute.

(Image from: Wikipedia)