

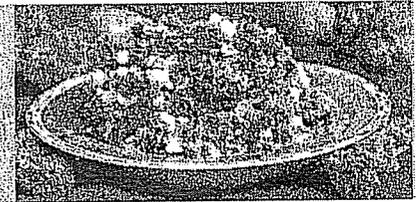
WHAT'S COOKING

Your weekly guide to good food

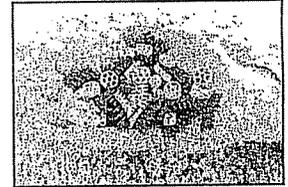
THE HEALTHY PLATE

Try this twist on the traditional Irish recipe for colcannon.

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Good 'n' plenty pasta



Libertyville's Foulds Inc. offers new high-fiber product

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The Chinese traditionally eat noodle on their birthdays because they believe noodles symbolize longevity.

Little wonder the pasta company in Libertyville is long-living. Foulds Inc., pasta manufacturer, has been in business for more than 100 years, since the original company moved to Libertyville from Cincinnati, Ohio. The original company was founded in 1885 by Frank Foulds, a pasta-making pioneer in the United States, according to Chris Bradley, the current owner.

The way things are going, America's oldest pasta maker could live another 100 years and beyond.

Foulds, a miller, brought durum, a wheat which is used to make macaroni, from Russia. It was first grown in North Dakota.

Stressing that pasta is a good source for carbohydrates, Bradley emphasized that an adult needs 130 grams of carbohydrates for the brain to function properly.

"Pasta is good for people. With obesity and diabetes becoming an epidemic in the country, our new fiber-rich pasta offers a critical nutritional tool to combat cholesterol," said Bradley who is chairman of the National Pasta Association.

He pointed out that in Italy, where spaghetti is a staple, and in China, where noodles are widely eaten, obesity is not known to be a national problem.



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Christopher Bradley, president of Foulds Inc., with some bins full of pasta cooling off before packaging. At top, Bradley holds a variety of pasta at the Foulds facility in Libertyville.

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PESTO ANGEL HAIR PASTA

INGREDIENTS:

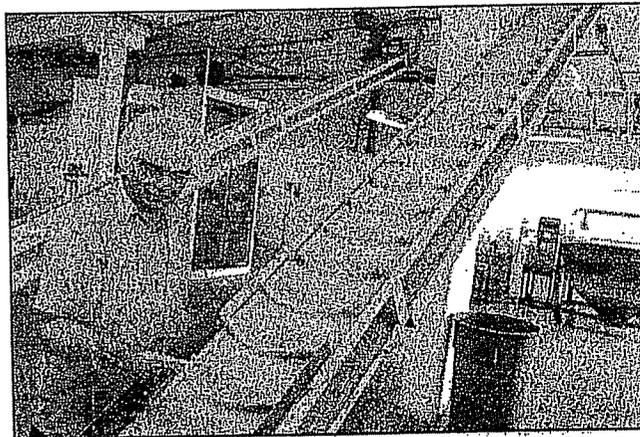
3 cloves garlic
2-3 stems parsley
2 1/2 cups fresh basil
3 tablespoons roasted pine nuts
3/4 cup olive oil
1/2 cup fresh parmesan cheese
Salt and pepper
1 pound angel hair pasta

PREPARATION:

Put basil, garlic, pine nuts, parsley, salt and olive oil in food processor or blender and process until smooth. Put into a bowl and stir in parmesan cheese.

Cook the pasta according to package directions until al dente

Save 1/4 cup pasta cooking water. Drain the pasta and toss with the sauce. Grate parmesan cheese over each serving.



Roger Gomez of Round Lake Beach, a pressman with Foulds Inc., inspects pasta on a conveyor belt coming from a pasta extruder.

"I suspect the Italians learned to make noodles from the Chinese after Marco Polo went to China," he said.

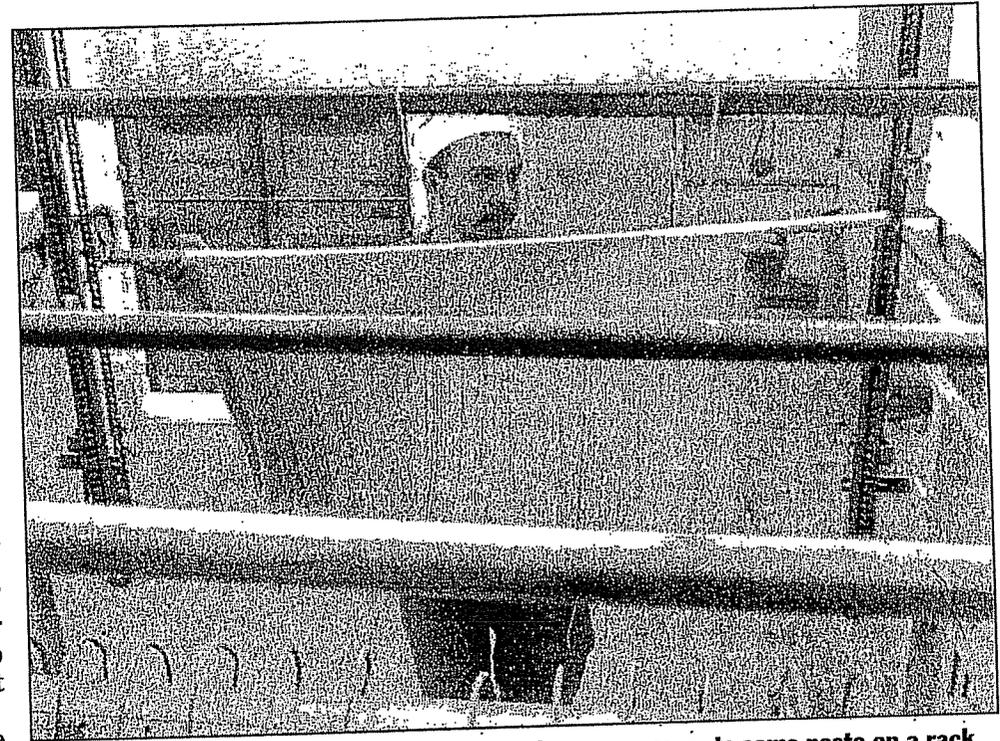
"We're the oldest pasta maker with a tremendous history, but we're also a leader in bringing new products to the market," Bradley pointed out.

Foulds' new organic product with extra fiber has been well received by health-conscious people across the country, with rollouts scheduled for various regions.

"It's doing quite well," Bradley said, adding: "Our biggest challenge is to help educate people on how to eat healthy."

Despite automation, the company still embraces the traditional process using slow drying and cooler temperatures in drying, which makes its products, he said, "more palatable."

Foulds makes more than 150 products, including macaroni, noodles and spaghetti.



Albert Lorano of Round Lake Beach, a production manager, puts some pasta on a rack leading to a dryer.

The plant employs 60 people, many of them, Bradley takes pride in saying, have been with the company more than 30 years. The products are sold in super-

markets and grocery stores.

What is a good spaghetti? Short of saying the Foulds brand, Bradley said, "It should have a nice hearty bite with a good consistency and

a texture that works well with the sauce. It should be able to grab the sauce."

Unfortunately, Mama mia! Foulds does not make any spaghetti sauce.

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