



PASTA
EVANGELISTS
made in London



**CASARECCE WITH LAMB SHOULDER & RED WINE
RAGÙ AND PARMIGIANO REGGIANO**

**Freshly
Gluten Free**



Photograph: Milo Brown | Share a photo of your dish online #pastaevangelists





ABOUT THIS DISH

In this week's limited-edition dish, we serve freshly made gluten free pasta. Regardless of whether you are able to consume gluten, this is pasta eccezionale, made in the artisan tradition and carefully shaped into beautiful casarecce.

Casarecce translates to “homemade” (*Casa* denotes home in Italian), and hails from Sicily, the largest island of the Mediterranean and, indubitably, one of its gastronomic centres. *Casarecce* resemble a loosely-rolled scroll, with many surfaces making it ideal for catching a hearty, meaty sauce. Its rustic, homemade appearance also makes it a comforting shape of pasta to enjoy with a warming ragù as the days grow darker and shorter.

Lamb *ragù*, known in Italy as *ragù di agnello*, is a much-loved across the Italian south, making it an appropriate pairing for our Sicilian *casarecce*. Indeed, this particular *ragù*, made with gorgeous cuts of lamb and plenty of aromatics - rosemary, thyme, mint and bay, namely - is typical of the region of *Basilicata*. It is often said that *Basilicata's* rocky, rugged landscape is ideal for raising sheep, but not a great deal else. And whilst we find this characterisation of *Basilicata* to lack generosity - indeed, the New York Times described the region as 'Italy's best-kept secret' - we do agree that *Basilicata* lamb is some of the finest farmed around the world.

Ultimately, though, the secret to our spectacular lamb *ragù* is time - and lots of it. Over a period of ten hours, the lamb is slowly braised until it tenderises and yields its rich, meaty flavours.

Vineyards of Barolo in
Piemonte, where the wine in
our beef shin ragù is from



METHOD

1. Bring a large saucepan of generously salted water to a boil.
2. Cook the *casarecce* in the boiling water for 2 minutes until 'al dente' (check a piece before removing from the water).
3. Whilst the pasta cooks, put the *ragù* in a large pan, add 1-2 tbsp (15-20ml) of the boiling cooking water. Cover with a lid and gently heat until steaming. Once steaming, turn off heat.
4. Once cooked, transfer the pasta to the *ragù*. Toss gently to coat.
5. Finally, scatter over the *Parmigiano Reggiano*. *Buon appetito!*

INGREDIENTS

(Allergens in **bold and underlined>**):

Item	Weight*	Ingredients	Nutrition (Dish)	Per 100g
Gluten Free Casarecce	165g	Flour Blend (White Rice, Brown Rice, Potato, Tapioca, Buckwheat, Maize, Quinoa), Xanthan Gum, Water, Olive Oil, Salt, Turmeric, Sunflower Lecythin	Energy	973kJ
			Calories	208kCal
			Fat	6.2g
			Of which saturates	1.9g
Lamb Shoulder & Red Wine Ragù	160g	Lamb Shoulder (33%), Tomato, Water, Onion, Carrot, Celery , Lamb Stock (contains celery seeds), Red Wine (Sulphites), Extra Virgin Olive Olive, Mint, Salt, Garlic, Sugar, Rosemary, Bay Leaf, Thyme, Black Pepper	Carbohydrates	25.1g
			Of which sugars	1.3g
			Protein	11.6g
			Salt	0.7g
Parmigiano Reggiano	8g	Milk , Salt, Rennet		

Keep chilled and consume on day of delivery or on the day after delivery. Alternatively, freeze as follows:

FREEZING: Both the *casarecce* and the *ragù* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *casarecce* should be cooked from frozen. The *ragù* should be defrosted in the fridge overnight before cooking. If cooking from frozen, the pasta should be cooked for an additional minute. *Go Grande Portions are 30% larger.

This food has been prepared in a kitchen that also prepares gluten, peanuts, nuts, sesame, crustaceans, fish, egg, milk, soya, celery, mustard, lupin, sulphites, and therefore may contain traces of these.