



**PASTA**  
**EVANGELISTS**  
*made in London*



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ARTISAN PACCHERI WITH BEEF SHIN RAGÙ & PARMESAN

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Photograph: Chelsea Parsons

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Pasta Evangelists



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# PASTA EVANGELISTS

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## ABOUT THIS DISH

*Paccheri* are a large, tubular-shaped pasta originating from *Campania* and *Calabria*. *Paccheri* literally translates to 'slaps', which is derived from the sound they make when eaten (or more likely devoured). *Paccheri* were invented by Sicilian *sfogline* (pasta artisans) to smuggle Italian garlic into Prussia during the Middle Ages. Prussian garlic was small & weak compared to the large, pungent, Italian cloves, so Italian farmers hid 4-5 cloves in each piece of *paccheri* and smuggled it across the border.

And whilst you may not find Prussian garlic concealed within our artisan *paccheri*, you will find that they are the perfect shape for our beef shin *ragù* to nestle within. Our *ragù* is made by carefully browning pieces of marbled beef until they take on a deep, burnished hue. This is where all the flavour is.

We then braise our caramelised beef in red wine and aromatics, as well as tomatoes. The finished sauce is a rich, intensely meaty *ragù*, with the meat falling apart at even the slightest of incursions with one's fork.

## METHOD

1. Bring a large saucepan of salted water to the boil.
2. Cook the *paccheri* in the boiling water for 5-6 minutes until 'al dente' (check one before removing from the pan).
3. Whilst the pasta cooks, put the *ragù* in a large pan, add 1-2 tbsp (20ml) of the boiling cooking water, cover with a lid and heat until steaming. Once steaming, turn heat off.
4. Transfer the pasta to the *ragù*. Scatter with the Parmesan. **Buon appetito.**

## INGREDIENTS

(Allergens in **bold**):

| Item            | Weight | Calories | Ingredients  |
|-----------------|--------|----------|--|
| <i>Paccheri</i> | 165g   | 454kCal  | <b>Wheat</b> Flour, <b>Egg</b> , Durum <b>Wheat</b> Flour, Salt  |
| Beef Shin Ragù  | 155g   | 245kCal  | Beef Shin (38%), Onion, Red Wine ( <b>Sulphites</b> ) (13%), Beef Stock, Carrot, <b>Celery</b> , Tomato Puree, Garlic, Olive Oil, Salt, Black Pepper, Bay Leaf |
| Parmesan        | 8g     | 42kCal   | Parmesan Cheese ( <b>Milk</b> , Salt, Animal Rennet)   |

Consume within 1 day of delivery.

**FREEZING:** The pasta can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The pasta should be cooked straight from frozen. The sauce needs to be defrosted overnight in the fridge.

This food has been prepared in a kitchen that also prepares molluscs, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.

