



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



PAPPARDELLE WITH BEEF SHIN & BAROLO WINE RAGÙ  
& PARMESAN

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Photography: Alessio Noe

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Pasta Evangelists



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Match with red stickered pasta,  
sauce and garnish

## ABOUT THIS DISH

*Pappardelle* originate in Tuscany (see below the famous rolling hills) this is a region known for rich, hearty sauces. *Pappardelle* is one of the widest flat pastas, making it the perfect size to sop up meat sauces. The word *pappardelle* comes from the verb *pappare*, meaning to “gobble up”, which is exactly what this pasta, and people who eat it, do.

Our chefs slowly brown pieces of beef shin until they take on a deep, burnished hue. We have selected a fabulously rich and aromatic *Barolo*, the ‘king of wines’, to add incredible depth and flavour to this limited edition *ragù*. A big, powerful, tannic wine, *Barolo* needs to be matched with foods of similar weight. We pair our *Barolo* with thick, wide *pappardelle* pasta and meaty *ragù*, as the tannins from the wine bind to the food proteins so they come across as softer. Our beef and *Barolo ragù* gently simmers for hours until reaching a consistency so silky that it ceases to cling to the bone and yields to become the glorious focal point of this rich, intensely meaty *ragù*.

## METHOD

1. Bring a large saucepan of salted water to the boil.
2. Cook the *pappardelle* in the boiling water for 3-4 minutes until ‘al dente’ (check a strand before removing from the pan). Stir often to avoid the strands sticking together.
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

Item	Weight	Calories	Ingredients
Pappardelle	160g	454kCal	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt
Beef Shin & Barolo Ragù	160g	245kCal	Beef Shin (38%), Onion, Barolo Wine ( <u>Sulphites</u> ) (13%), Beef Stock, Carrot, <u>Celery</u> , Tomato Puree, Garlic, Olive Oil, Salt, Black Pepper, Bay Leaf
Parmesan	8g	42kCal	Parmesan Cheese ( <u>Milk</u> )

Allergens in **bold and underlined**. Consume within 2 days 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 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.

