



PASTA
EVANGELISTS
made in London



FRESH PACCHERI WITH LONGHORN BEEF SHIN RAGÙ &
PARMESAN



Photograph: @chantelle_lois

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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 well-salted water to the boil.
2. Cook the *paccheri* in the boiling water for 9-10 minutes until 'al-dente' (test one of the *paccheri* before removing from water).
3. Whilst the *paccheri* cooks, put the *ragù* in a pan. Add 1-2 tbs (15-20ml) of the boiling cooking water, cover the sauce with a lid and heat until steaming. Once steaming, turn off the heat.
4. Finally lift the pasta out of the water with a slotted spoon and transfer to the sauce. Toss together.
5. Sprinkle the pasta with the parmesan. *Buon appetito*.

INGREDIENTS

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

Item	Weight	Calories (per portion)	Ingredients
Artisan <i>Paccheri</i>	165g	302kCal	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt
Beef Ragu	160g	173kCal	Beef Shin (52%), Onion, Red Wine (<u>Sulphites</u>), Beef Stock, Carrot, <u>Celery</u> , Tomato Puree, Garlic, Olive Oil, Bay Leaf
Parmesan	8g	37kCal	Parmesan Cheese (<u>Milk</u>)

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 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, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.

