# PASTA EVANGELISTS
*made in London*

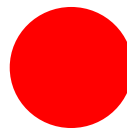## MAFALDE WITH BEEF SHIN & BAROLO 'RAGÙ OF KINGS' AND PARMIGIANO REGGIANO



Photograph: Tim Atkins | Share a photo of your dish online #pastaevangelists

# ABOUT THIS DISH

Our chefs slowly - carefully - 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 *mafalde* pasta and meaty *ragù*, as the tannins from the wine bind to the food proteins and come across as softer. Our beef and Barolo *ragù* gently simmers for hours and hours until reaching a consistency so silky, so gelatinous, that it ceases to cling to the bone and yields to become the glorious focal point of this rich, intensely meaty *ragù*. This sauce pairs perfectly with our wonderful ribbons of *mafalde* pasta, which are the ideal size - and shape - to catch the sauce.

*Mafalde*, also known as *reginette* (Italian for "little queens"), are an alluring, ribbon-shaped pasta with beautiful wavy edges and a striking appearance. In 1997, the Italian government named the *mafalde* pasta, or *mafaldine* ("little mafalde"), in honour of Princess Mafalda of Savoy. Princess Mafalda died during the II World War, whilst under arrest in a concentration camp.

The *mafalde* pasta is said to remind of the princess' curls. Princess Mafalda's life had been marked by tragedy before this: the SS *Principessa Mafalda* Italian transatlantic ocean-liner was named after her. This was one of the most luxurious ships at the time. Unfortunately, it sank off the coast of Brazil in 1927.

# METHOD

*Note: Because our pasta is a fresh, artisan product, it is packaged with rice flour to prevent the pasta sticking together. When transferring to the pan, untangle, with your fingers, any strands which may have stuck together.*

1. Bring a large saucepan of generously salted water to a boil.
2. Cook the *mafalde* in the boiling water for at least 3-4 minutes, or until 'al dente' (check a strand before removing from the water). Stir often to avoid the strands joining together.
3. Whilst the pasta cooks, put the beef & red wine 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

Italian post stamp issued in 1995 honouring Princess Mafalda, who this pasta is named after

(Allergens in **<u>bold and underlined</u>**):

| Item | Weight* | Ingredients |
|---|---|---|
| Mafalde | 165g | **<u>Wheat</u>** Flour, Free Range **<u>Egg</u>**, Durum **<u>Wheat</u>** Flour, Salt |
| Beef & Barolo Ragù | 160g | Beef Shin (Origin: Republic of Ireland) (37%), Onion, Barolo (**<u>Sulphites</u>**), Beef Stock (contains **<u>celery</u>** seeds), Carrot, Olive Oil, **<u>Celery</u>**, Tomato Puree, Garlic, Salt, Black Pepper, Bay Leaf |
| Parmigiano Reggiano | 8g | **<u>Milk</u>**, Salt, Rennet |

| Nutrition (Dish) | Per 100g |
|---|---|
| Energy | 884kJ |
| Calories | 212kCal |
| Fat | 6.6g |
| Of which saturates | 2.5g |
| Carbohydrates | 25.7g |
| Of which sugars | 2.0g |
| Protein | 11.8g |
| Salt | 0.6g |

Keep chilled and consume on day of delivery or on the day after delivery. Alternatively, freeze as follows: FREEZING: Both the *mafalde* and the beef and red wine *ragù* can be frozen (below -18 degrees ℃) on day of delivery and keep for 1 month in the freezer. The *mafalde* should be cooked directly from frozen. The *ragù* should be defrosted in the fridge overnight. If cooking from frozen, cook the pasta 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.