



**PASTA
EVANGELISTS**

made in London

This Week's Menu



Trentino-Alto Adige, Italy's northernmost region,
where this week's speck *tortelloni* originate from

Week commencing 29th July, 2019

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Pasta Evangelists



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Orecchiette

Ciao! *Grazie mille* for ordering from Pasta Evangelists.

Whilst this isn't the first time *orecchiette* have made an appearance amongst our selection of dishes, we thought we'd share a particularly interesting tradition – and somewhat extended feature— around the creation of these little ear-shaped morsels.

Bari's inner core – the *centro storico* – is a tangle of narrow lanes that resemble the maze of an Arab medina. Constructed to create shade and thus offer refuge from the oppressive summer heat, these narrow streets are famous for their pasta artisans. As they wake up every morning, they transport the contents of their own kitchens – tables, chairs, kitchen tools and fresh ingredients – to the narrow, cobbled street, just by the entrance of their front doors. From here these matriarchs begin crafting the traditional local pasta, *orecchiette*, by hand – available for purchase for any of those curious enough to plan a visit – as onlookers marvel at the spectacle. In true artisanal fashion the pasta is made and then placed on large wood-framed drying racks.

During the day it's not uncommon for these artisans to 'pop' back into their houses to replenish provisions, attend to the needs of the family or even invite guests into the house, eager to gain a true insight into life in this ancient and fascinating city.

Buon appetito!



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THIS WEEK'S PASTA MENU

MEATY PASTA

'Ultimate Lasagne' with Beef & Barolo Ragù, Parmigiano Reggiano & 30-Month Aged
Parmigiano Reggiano Crust

Pappardelle with Pulled Pork Ragù, Prosciutto di Parma Crumb & Parmigiano Reggiano

Paccheri with Slow-Cooked Lamb Shoulder Ragù & Parmigiano Reggiano

Smoked Prosciutto & Scamorza Cheese Tortelloni with Sage Butter & Parmigiano
Reggiano

SEAFOOD PASTA

Prawn Girasoli with Lemon & Garlic Butter, Fresh Samphire & Lemon Zest Pangrattato

VEGETARIAN PASTA

Orecchiette with Pistachio Pesto, Pistachio Crumb & Parmigiano Reggiano

Spinach & Ricotta Rotolo al Forno with Bechamel, Cherry Tomato Sauce & Parmigiano
Reggiano

VEGAN PASTA

'Prince of Pumpkins' Tortelloni with Garlic Oil & Rosemary Pangrattato (Ve.)

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**'ULTIMATE LASAGNE' WITH BEEF & BAROLO
RAGÙ, PARMIGIANO REGGIANO, BECHAMEL & 30-
MONTH AGED PARMIGIANO REGGIANO CRUST**



**PARMIGIANO
REGGIANO**

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





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Match with orange stickered pasta,
sauce and garnish

ABOUT THIS DISH

Ragù was invented and published in the 18th century by Alberto Alvisi, the then chef for the Cardinal of Imola, a figure who would then go on to become Pope Pio VII. The recipe unfortunately fell into oblivion. Later documented as the 'The Cardinal's Ragù', however, the recipe was rediscovered some 180 years later by Bolognese journalists digging through archives. Alvisi's original recipe included exotic spices like cinnamon, which was certainly quite inventive for the age. Using cinnamon in ragù is now rare in modern day practice. Instead, the meat is the primary focus. Indeed, ragù in Italian cooking exclusively denotes a meat-based sauce. Our chefs carefully brown pieces of marbled beef shin until they take on a deep, burnished hue. Our selection of Barolo – a rich, deeply concentrated full-bodied wine – adds a certain intensity to this dish in the form of a fabulously rich and aromatic flavour. A big, powerful, tannic wine, Barolo needs to be suitably matched with foods of similar weight which is exactly why we've embedded it within our sheets of lasagne which catch the rich ragù perfectly. A smooth, creamy béchamel, topped with Parmigiano acts as a wonderfully classic complement to all the meaty goodness of this 'ultimate' lasagne.

This dish has been created in partnership with Parmigiano Reggiano, an inimitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.

METHOD

1. Put a baking sheet in the oven and preheat to 200°C.
2. Once the oven has reached 200°C, remove the lid from the foil tray, and place it on the hot baking sheet in the oven and cook for 15-20 minutes until heated through and piping hot.
3. Use a fish slice to remove lasagne from the foil tray. *Buon appetito.*

INGREDIENTS

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

Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Lasagne	335g	Béchamel Sauce (43%, <u>Milk</u> , <u>Wheat</u> Flour, Butter [<u>Milk</u>], Salt, Nutmeg), Beef Shin Ragù (40%, Beef Shin [37%], Onion, Barolo Wine [<u>Sulphites</u>], Beef Stock [contains <u>celery</u> seeds], Carrot, Olive Oil, <u>Celery</u> , Tomato Puree, Garlic, Salt, Black Pepper, Bay Leaf), Lasagne Pasta (<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt), Tomato, Grana Padano Cheese (<u>Milk</u> , Salt, Rennet, <u>Egg</u> Lysozyme), Nutmeg, Parmigiano Reggiano (<u>Milk</u> , Salt, Rennet)	Energy	678kJ
			Calories	162kCal
			Fat	9.0g
			Of which saturates	4.3g
			Carbohydrates	10.8g
			Of which sugars	3.5g
			Protein	8.4g
Salt	1.4g			

Consume within 2 days of delivery.

FREEZING: The lasagne can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The lasagne should be defrosted in the fridge overnight. *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.*



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**PAPPARDELLE WITH PULLED PORK RAGÙ,
PROSCIUTTO DI PARMA CRUMB & PARMIGIANO
REGGIANO**



**PARMIGIANO
REGGIANO**

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





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Match with purple stickered pasta, sauce and garnish

ABOUT THIS DISH

Pappardelle come from the region of *Toscana*, or Tuscany as it's better known as in the English vernacular. *Pappardelle* is amongst the thickest flat pastas, and as such, it makes for the perfect starchy accompaniment to sop up the substantial meat sauce. The word *pappardelle* itself derives from the Italian verb *pappare*, meaning to 'gobble up', or 'scoff', something that's certainly hard to resist when dealing with this calibre of pasta. In this traditional Tuscan *ragù* dish, we use the highest quality pork. We slow-braise the pork with red wine, tomatoes, garlic, onions and other aromatic flavours to ensure the meat is at its most tender. Indeed, just pull your fork through the rich strands of slow-cooked meat, and you'll see how they yield delightfully and fall apart. This is one of our finest – and most popular – dishes, and one we are certainly proud of. For that additional salty tastiness, and a little added crunch, we've included some beautiful *Prosciutto di Parma* crumb. *This dish has been created in partnership with Parmigiano Reggiano, an inimitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.*

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 strand which may have stuck together.

1. Bring a large saucepan of salted water to a boil.
2. Cook the *pappardelle* in the boiling water for 3-4 minutes until 'al dente' (check a strand before removing from the water). Stir often to avoid the strands clumping together.
3. Whilst the pasta cooks, put the pulled pork *ragù* in a large pan, add 1-2 tbsp (15-20ml) of the boiling cooking water. Cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the *pappardelle* to the *ragù*. Toss gently to coat.
5. Finally, sprinkle over the *Prosciutto* crumb & *Parmigiano Reggiano*. *Buon appetito.*

INGREDIENTS

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

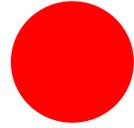
Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Pappardelle	160g	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt	Energy	867kJ
Pulled Pork Ragù	160g	Tomato, Pork Shoulder (27%, Water, Onion, Carrot, <u>Celery</u> , Red Wine [<u>Sulphites</u>], Cavolo Nero, Extra Virgin Olive Oil, Pork Stock (Contains <u>Celery</u> Seeds), Salt, Garlic, Sugar, Rosemary, Chicken Stock (Contains <u>Celery</u> Seeds), Bay Leaf, Thyme, Black Pepper	Calories	207kCal
Prosciutto di Parma Crumb	5g	Breadcrumbs (<u>Wheat</u>), Prosciutto (Pork) (Origin: Italy), Olive Oil, Salt, Black Pepper	Fat	6.6g
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet	Of which saturates	2.1g
			Carbohydrates	26.1g
			Of which sugars	2.0g
			Protein	10.5g
			Salt	0.6g

Consume within 2 days of delivery.

FREEZING: Both the *pappardelle* pasta and the pulled pork *ragù* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *pappardelle* should be cooked from frozen. The pulled pork *ragù* needs to be defrosted in the fridge overnight before cooking. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. 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.*



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SLOW-COOKED LAMB SHOULDER RAGÙ WITH PACCHERI & PARMIGIANO REGGIANO

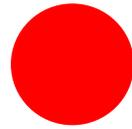


Photograph: Tim Atkins | Share a photo of your dish online





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Match with red stickered pasta, sauce and garnish

ABOUT THIS DISH

Paccheri are a large, tubular-shaped pasta originating from the region of *Campania*, located on the southwestern coast of Italy. The name of this pasta is attributed to the noise made when drizzling sauce over the pasta, which in Italian is described as resembling a '*pacchero*', or slap in Neapolitan dialect (deviating quite considerably from the Italian *schiaffo*). A curious myth concerning the creation of this pasta type posits that it was used for smuggling Italian garlic across the alps into the neighbouring Austria (then known as Prussia) during the 1600s. The reason for this was that Prussian garlic was small, and, as a result, less flavourful. In contrast, Italian garlic, with its large pungent cloves, was sought after by the Prussian and Hungarian aristocracy. Due to such high demand, the Prussians were forced to ban the importation of Italian garlic in order to save the livelihood of Prussian farmers. Particularly suited for holding, and indeed, concealing contents within its hollow centre, *paccheri* became the ideal vessel for transporting the clandestine garlic. So successful was the scheme that, in the early 1800s, the Prussian garlic industry finally collapsed. A real, *pacchero*, or 'slap' in the face, so to speak.

Whilst this week's pairing doesn't quite put as much emphasis on its once infamous partner, taking centre stage is our lamb shoulder *ragù*, slow-cooked over ten long, aromatic hours. The time here is crucial, for it yields meat so tender, so intensely succulent, that the lamb can be torn apart at the merest touch of a fork. Not to worry, however, for our our robust and toothsome *paccheri* hold the contents of this substantial sauce very well.

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METHOD

A tip from our founder Alessandro – as well as cooking *paccheri* 'al dente', this robust pasta is actually at its tastiest when you can still see a circle of white after cutting into a piece!

1. Bring a large saucepan of salted water to a boil.
2. Cook the *paccheri* in the boiling water for 4-5 minutes until 'al dente' (test a corner of one of the *tortelloni* removing from the pan).
3. Whilst the *paccheri* cook, put the lamb *ragù* in a pan, cover with a lid and heat until steaming. Once steaming, turn heat off.
4. Once cooked, transfer the *paccheri* to the *ragù*. Toss gently to coat.
5. Finally, transfer to a plate and sprinkle with *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

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

Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
			Energy	886kJ
			Calories	212kCal
			Fat	7.1g
			Of which saturates	2.9g
			Carbohydrates	25.4g
			Of which sugars	1.7g
			Protein	11.1g
			Salt	0.5g
<i>Paccheri</i>	165g	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt		
Lamb Ragù	160g	Lamb Shoulder (Origin: Republic of Ireland, 33%), Tomato, Water, Onion, Carrot, <u>Celery</u> , Lamb Stock (Contains <u>Celery</u> Seeds), Red Wine (<u>Sulphites</u>), Extra Virgin Olive Oil, Mint, Salt, Garlic, Sugar, Rosemary, Bay Leaf, Thyme, Black Pepper		
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet		

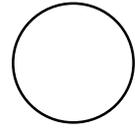
Consume within 2 days of delivery.

FREEZING: Both the *paccheri* and the *ragù* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The pasta should be cooked directly from frozen. The *ragù* needs to be defrosted in the fridge overnight before cooking.

From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. 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.*



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**SMOKED PROSCIUTTO & SCAMORZA CHEESE
TORTELLONI WITH SAGE BUTTER &
PARMIGIANO REGGIANO**



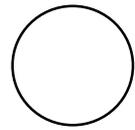
**PARMIGIANO
REGGIANO**

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





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Match with white stickered pasta,
sauce and garnish

ABOUT THIS DISH

Whilst mere mention of Italian cured ham immediately recalls *Prosciutto di Parma*, we've opted for a slightly lesser known, yet equally delicious *salume* (charcuterie in Italian). Known and formally recognised in Italy as Speck Alto Adige PGI, this local delicacy is a dry-cured and ever-so-slightly smoked ham produced in the alpine region of South Tyrol (*Trentino Alto Adige* in Italian).

Italy's northernmost region, South Tyrol previously belonged to the Austro-Hungarian Empire until the First World War which saw it come under Italian dominion. The result is a delightful and nuanced merging of Northern European and Mediterranean traditions, and indeed a fierce culinary reputation – the region boasts a remarkable 26 Michelin-starred restaurants. The very name *speck* – meaning pork fat in German and in stark contrast to the polished Italian *prosciutto* – attests to the Germanic influence on the region. Made by lightly smoking salted pork hind quarters followed by a 22-week long curing period and the application of a special crust of salt that must never exceed 5% of the final product, it's one of Italy's lesser known cold cuts. To complement the salty tanginess of this cured meat, we've added an equally lesser known cheese originating from the Italian South, *scamorza*. At once reminiscent of mozzarella, but far more flavoursome, this cheese adds a sumptuous depth to the *tortelloni*. A final sprinkling of *parmigiano reggiano* acts as a wonderful textural contrast to the soft, creamy *scamorza*.

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METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have ever so slightly cracked and split; not to worry, however, they are equally as deliciously and will infuse well with the sage butter. Please also be aware that the pasta is packaged with rice flour to prevent the pasta sticking to the packaging.

1. Bring a large saucepan of salted water to a boil.
2. Cook the tortelloni in the boiling water for 3-4 minutes until 'al dente' (test a corner before removing from the water).
3. Whilst the tortelloni cook, put the sage butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the butter. Toss gently to coat.
5. Finally, sprinkle with *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

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

Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Speck & Scamorza Tortelloni	8 pieces	Pasta (56%): <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, Water Filling (44%): Speck (24%), Scamorza (24%) (<u>Milk</u>), Ricotta Cheese (<u>Milk</u>), Italian Grated Cheese (<u>Milk</u> , Salt, Rennet)	Energy	1221kJ
			Calories	292kCal
			Fat	15.7g
			Of which saturates	9.1g
Sage Butter	25g	Butter (<u>Milk</u>), Sage Leaves, Salt, Black Pepper	Carbohydrates	24.8g
			Of which sugars	1.2g
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet	Protein	13.0g
			Salt	1.0g

Consume within 1 day of delivery.

FREEZING: Both the *tortelloni* and the sage butter can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The pasta should be cooked directly from frozen. The sage butter needs to be defrosted in the fridge overnight before cooking. 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.*



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**PRAWN GIRASOLI WITH LEMON & GARLIC
BUTTER, FRESH SAMPHIRE & LEMON ZEST
PANGRATTATO**



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





Match with blue stickered pasta, sauce and garnish

ABOUT THIS DISH

Prawns and seafood have long been part of Italian culture, first dating back to Ancient Rome. Even by today's modern standards, aquaculture, or seafood farming, was incredibly sophisticated. Indeed, aquaculture remains very prevalent in modern day Italy, with Sicily at the forefront of Italian seafood production. Testament to Sicilian seafood culture is the *gambero rosso*, or 'ammaru russu' as in it's known in Sicilian. Fished in the southern waters of the Mediterranean sea, the Sicilian town of *Mazara del vallo* (see map below for reference) – positioned strategically on the south-western coast of the island – lays claim to what is one of the most reputed seafood Italian specialities. This intensely meaty and resplendent 'red prawn' is highly esteemed in Italian culinary circles, and utterly delicious! Should you find yourself in Sicily this summer, don't miss out on the opportunity to try one of these freshly caught crustaceans!

Our *girasoli* are generously filled with pieces of prawn and crayfish that has been cooked with a combination of *robioia* and *ricotta* cheese, and white wine. Complementing the delicate flavours of the *girasoli* is the lemon & garlic butter creating a light, creamy sauce that serves to enhance the seaside flavours of the filled pasta. Imparting one last final mark of the Italian coastline, beautiful fresh samphire – termed, rather poetically, '*asparagi di mare*' (asparagus of the sea) – completes the dish.

METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have ever so slightly cracked and split; not to worry, however, they are equally as deliciously and will infuse well with the garlic & lemon butter. Please also be aware that the pasta is packaged with rice flour to prevent the pasta sticking to the packaging.

1. Bring a large saucepan of salted water to the boil.
2. Cook the *girasoli* in the boiling water for 3-4 minutes until 'al dente' (test a corner before removing from water).
3. Whilst the *girasoli* cook, put the garlic & lemon butter and samphire in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the butter and samphire. Toss gently to coat.
5. Finally, sprinkle with the lemon *pangrattato*. *Buon appetito*.

INGREDIENTS

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

Item	Weight	Ingredients
Girasoli	200g	Pasta (50%): <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, Water Filling (50%): Prawns (<u>Crustaceans</u>) (32%), Crayfish (<u>Crustaceans</u>) (32%), Ricotta Cheese (<u>Milk</u>), Robiola Cheese (<u>Milk</u>), Butter (<u>Milk</u>), Olive Oil, White Wine (<u>Sulphites</u>), Parsley, Garlic, Chili, Black Pepper.
Lemon & Garlic Butter	25g	Butter (<u>Milk</u>), Garlic, Lemon Zest, Salt, Black Pepper
Lemon Pangrattato	5g	Breadcrumbs (<u>Wheat</u>), Olive Oil, Lemon Zest, Black Pepper
Samphire	9g	Fresh Samphire



Nutrition (Dish)	Per 100g
Energy	1217kJ
Calories	292kCal
Fat	19.4g
Of which saturates	10.7g
Carbohydrates	17.2g
Of which sugars	1.1g
Protein	11.8g
Salt	1.1g

Consume within 1 day of delivery.

FREEZING: Both the *girasoli* and the lemon & garlic butter can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *girasoli* should be cooked straight from frozen. The garlic & lemon butter needs to be defrosted in the fridge overnight before cooking. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time.

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.*



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ORECCHIETTE WITH PISTACHIO PESTO, PISTACHIO CRUMB & PARMIGIANO REGGIANO



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





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Match with green stickered pasta,
sauce and garnish

ABOUT THIS DISH

Orecchiette come under the category of *pasta bianca* (white pasta), a term used in reference to pastas made without egg. Using only flour and water, these little shapes, or rather 'little ears' as their name would suggest (a direct translation of the Italian), have a firm bite, but soft interior. Typical of the southern region of *Puglia*, this pasta type is particularly deft at scooping up smaller elements of any sauce with its small indentations (cups), hand-pressed on the interior of its starchy surface.

Lending itself well to the dimpled *orecchiette* is the fresh pesto with its star ingredient: the Sicilian pistachio. Produced exclusively in Sicily and, indeed, now protected by DOP status – much in the same way *Parmigiano Reggiano* and *Prosciutto di Parma* are – this pistachio makes for a superior quality pesto, promising to transport you to the Sicilian countryside in summertime. Adding to the pesto is the pistachio crumb, adding wonderful crunch and texture, as well as showcasing the pretty, pink-speckled shards of this Sicilian nut.

As our very own *sfgolina* – an Italian term reserved for pasta artisans – Roberta has revealed to us, there exists two ways to craft these little cups of dough. In the city of *Bari* (capital of *Puglia*), *orecchiette* are made using two fingers, whilst in *Foggia* they're made using one. Just be sure to use a chopping board with plenty deep ridges on it, so as to give the pasta its distinctive ridged texture, typically displayed on the outer part of the dough. If you are particularly curious about crafting this pasta yourself, then be sure to visit the *centro storico* the next time you find yourself in *Bari*. Here you'll find artisans rolling and crafting pasta on the very street that shares the name of the pasta, *Via delle Orecchiette* (pictured below)! Just be sure to get up in good time... they start at 8:00!

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METHOD

1. Bring a large saucepan of salted water to a boil.
2. Cook the *orecchiette* in the boiling water for 3-4 minutes until 'al dente' (check a strand before removing from the pan). Whilst the *orecchiette* cook, put the pistachio pesto in a bowl. Add 1-2tbsp (15-20ml) of the boiling cooking water to loosen off the pesto.
3. Once cooked, transfer the *orecchiette* to the pesto. Toss gently to coat.
4. Finally, sprinkled over the pistachio crumb and *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

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

Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Orecchiette	165g	Durum <u>Wheat</u> Flour, Water.	Energy	1502kJ
Pistachio Pesto	70g	Pistachio <u>Nuts</u> (44%), Extra Virgin Olive Oil, <i>Parmigiano Reggiano</i> <u>Milk</u> , Salt, Rennet) Water, Basil, Garlic	Calories	361kCal
Pistachio Crumb	8g	Pistachio Nuts (<u>Nuts</u>)	Fat	18.7g
<i>Parmigiano Reggiano</i>	8g	<u>Milk</u> , Salt, Rennet	Of which saturates	3.9g
			Carbohydrates	35.7g
			Of which sugars	1.6g
			Protein	12.2g
			Salt	0.3g



Consume within 2 days of delivery.

FREEZING: Both the *orecchiette* and the pistachio pesto can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *orecchiette* should be cooked directly from frozen. The pesto needs to be defrosted in the fridge overnight before cooking. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. 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.*



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**SPINACH & RICOTTA ROTOLO AL FORNO WITH
BECHAMEL, CHERRY TOMATO SAUCE &
PARMIGIANO REGGIANO**



**PARMIGIANO
REGGIANO**

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





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Match with pink stickered pasta and garnish

ABOUT THIS DISH

A relative newcomer to Italy's historical resume of pastas, *rotolo ripieno* has become popular throughout *lo stivale* (boot, in reference to the Italian peninsula), in no small part due to its ease of preparation. This filled pasta consists of a sheet of pasta spread with a savoury filling that is then rolled up, wrapped in cheesecloth, boiled, or baked, and once cooled, sliced into medallions. The dish itself hails from the gastronomic powerhouse that is *Emilia-Romagna*, a region stitched right into the centre of the Italian peninsula.

Our *rotolo* – literally scroll or 'coil' in a nod to its unusual, complex shape – is hand-filled with a classic combination consisting of wonderfully green spinach and creamy ricotta cheese. And whilst some of our team members from *Inghilterra* have likened the appearance of *rotolo* to that of jam roly poly, beloved of British grandmothers, rest assured that this dish is as authentically Italian in spirit, as it is deliciously savoury in taste.

This dish has been created in partnership with Parmigiano Reggiano, an inimitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.

METHOD

1. Put a baking sheet in the oven and preheat to 200C.
2. Once the oven has reached 200C, remove the lid from the foil tray, pour the tomato sauce on top. Place on the baking sheet in the oven.
3. Cook the *rotolo* in the oven for 15-20 minutes, or until heated through and piping hot.
4. Remove from the oven and leave to stand for 2-3 minutes.
5. Use a fish slice to remove the *rotolo* from the tray and transfer to a plate.
6. Finally, sprinkle with the *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

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

Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Spinach & Ricotta Rotolo	335g	Spinach & Ricotta Filling (Ricotta Cheese <u>[Milk]</u> , Spinach, Parmesan Cheese <u>[Milk]</u> , Salt, Rennet], Salt, Nutmeg), Fresh Pasta (<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, Water), Tomato Sauce (Passata, Onion, Salt), Bechamel Sauce (<u>Milk</u> , <u>Wheat</u> Flour, Butter <u>[Milk]</u> , Salt, Nutmeg)	Energy	559kJ
			Calories	133kCal
			Fat	7.4g
			Of which saturates	4.3g
Tomato Sauce	25g	Tomato (77%), Water, Onion, Carrot, Extra Virgin Olive Oil, Basil, Salt, Garlic, Sugar, Black Pepper	Carbohydrates	8.7g
			Of which sugars	1.9g
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet	Protein	8.3g
			Salt	1.0g

Consume within 2 days of delivery.

FREEZING: The *rotolo* can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The *rotolo* should be defrosted in the fridge overnight before cooking. *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.*



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'PRINCE OF PUMPKINS' TORTELLONI WITH GARLIC OIL & ROSEMARY PANGRATTATO (VE.)



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





Match with yellow stickered pasta,
sauce and garnish

ABOUT THIS DISH

Despite its undeniable association with autumn, the colourful contents of the pumpkin remind us of the vibrancy of summer. Italians love using *zucca*, or pumpkin, in cooking so much, that to the surprise of many are the 8th largest producer of this squash plant. Pumpkins are especially loved in Venice, where they have been grown since the 5th century. Tortelloni with pumpkin is a speciality of the regions surrounding the river Po, which includes the provinces of *Mantova* and *Cremona*. The exact origin of pumpkin *tortelloni* is highly contentious, for both *Mantova* and *Ferrara* have early records of this dish, and both take credit for its creation.

With this dish we've infused our pumpkin *tortelloni* with sage, imparting beautiful colour and enhancing the sweet taste of the pumpkin. We top our *tortelloni* with a crunchy and fragrant rosemary *pangrattato* and sumptuous garlic oil. Together, these garnishes enhance the sweetness of our pumpkin-filled *tortelloni*.

METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have ever so slightly cracked and split; not to worry, however, they are equally as deliciously and will infuse well with the garlic oil. Please also be aware that the pasta is packaged with rice flour to prevent the pasta sticking to the packaging.

1. Bring a large saucepan of salted water to the boil.
2. Cook the *tortelloni* in the boiling water for 3-4 minutes until 'al dente' (test a corner before removing from water).
3. Once cooked, transfer the pasta to a plate. Drizzle with garlic oil and toss gently to coat.
4. Finally, sprinkle with the rosemary *pangrattato*. *Buon appetito*.

INGREDIENTS

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

Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Pumpkin Tortelloni	8 pieces	Pasta (56%): Durum <u>Wheat</u> Flour, Water Filling (44%): Pumpkin (82%), Breadcrumbs (<u>Wheat</u> Flour, Salt, Yeast), Salt, Sage (1.5%)	Energy	999kJ
			Calories	239kCal
			Fat	9.5g
			Of which saturates	1.3g
Garlic Oil	20g	Olive Oil, Garlic	Carbohydrates	31.8g
			Of which sugars	1.4g
Rosemary Pangrattato	5g	Breadcrumbs (<u>Wheat</u>), Olive Oil, Rosemary, Salt, Black Pepper	Protein	5.8g
			Salt	0.4g

Consume within 1 day of delivery.

FREEZING: The *tortelloni* can be frozen on day of delivery and keeps for 1 month in the freezer. The *tortelloni* should be cooked directly from frozen. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. 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.*

NEXT WEEK'S MENU

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MEATY PASTA



'Carbonara of Dreams' with Fresh Sedanini Pasta, Crispy Pancetta & 12-Month Aged Parmigiano Reggiano



Gnocchi Rustici with a Beef & Barolo Wine Ragù & Parmigiano Reggiano



Lobster & Crab Girasoli with Lemon Pangrattato, Samphire & Sage Butter

MEAT FREE PASTA



Beef & Black Truffle Tortelloni with Sage Butter & Hazelnut Crumb



Giant Gnocchi filled with Spicy 'Nduja Sausage, Arrabbiata Sauce & Parmigiano Reggiano



Pici Cacio e Pepe & Parmigiano Reggiano

VEGETARIAN PASTA



Lamb & Rosemary Lasagne with Slow-Cooked Ragù & Parmigiano Reggiano



Pappardelle ai Funghi with a Wild Mushroom Ragù and Vegetarian Hard Cheese (V.)