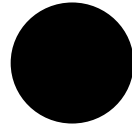




PASTA
EVANGELISTS
made in London



TAGLIATELLE FOR 2-3 WITH BEEF SHIN & BAROLO
WINE RAGÙ & PARMIGIANO REGGIANO

Serves
2-3



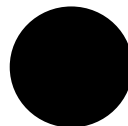
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Match with black stickered
pasta, sauce and garnish

ABOUT THIS DISH

This dish is designed to serve 2-3 people, ideal for couples, families & dinner parties.

Tagliatelle originate in Emilia-Romagna, a region often touted as the "food capital of Italy". *Tagliatelle* are a flat pasta, whose official width and thickness as stated by the Bolognese Chamber of Commerce are 6mm x 1mm. Legend states that *tagliatelle* was invented on the night of Annibale II Bentivoglio's wedding to Lucrezia from the house of Este in 1487, by Lucrezia's talented chef, after seeing her ribbon-like hairstyle. However, there is much speculation as to if this was actually true or a joke made up by humourist Augusto Majani in 1931. For the sauce, 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 rich ragù. A big, powerful, tannic wine, Barolo needs to be matched with foods of similar weight. We pair our Barolo with *tagliatelle* 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 handmade *tagliatelle*, which are the ideal size to catch the sauce.

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 *tagliatelle* in the boiling water for 3 minutes 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 shin & Barolo wine ragù sauce in a large pan, add 2-3 tbsp (35-50ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, sprinkle with the *Parmigiano Reggiano*. *Buon appetito*

INGREDIENTS

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

Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Tagliatelle	400g	<u>Wheat</u> Flour, Free Range <u>Egg</u> , Durum <u>Wheat</u> Flour, Spinach Powder, Salt, Water	Energy Calories Fat	884kJ 212kCal 6.6g
Beef Shin Ragù	385g	Beef Shin (Origin: Republic of Ireland) (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	Of which saturates Carbohydrates Of which sugars	2.5g 25.7g 2.0g
Parmigiano Reggiano	24g	<u>Milk</u> , Salt, Rennet	Protein Salt	11.8g 0.6g

Keep chilled and consume on day of delivery or on the day after delivery. Alternatively, freeze as follows:

FREEZING: Both the *tagliatelle* and beef shin & Barolo wine ragù sauce 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 beef shin & Barolo wine ragù sauce should be defrosted in the fridge overnight before cooking. From frozen, the pasta needs to be cooked for 1 minute more than the normal cooking time. *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.*