

WORLD WEEK OF ITALIAN CUISINE V EDITION - NOVEMBER 2020



5

SIMPLE STEPS TO COOK A PERFECT DISH OF PASTA





When you share a dish of pasta you bring not only **tradition and innovation,** but also a **feeling of warmth and togetherness** to the family table.

Eating together unites people. It encourages them to share experiences and ideas, and allows cooks to express their creativity, hospitality and friendship.

Pasta comes in many interesting shapes and can be accompanied by any type of sauce, from traditional to bold, turning any meal into a work of art. **Pasta is a global food that can be adapted to the local setting, tradition, culture and cuisine of all peoples anywhere in the world.** The number of recipes that can be made with pasta, ranging from simple to elaborate, are countless and suitable for all ages, tastes, lifestyles and diets, including vegetarian and vegan.

Pasta is synonymous with the Mediterranean Diet, which is known and appreciated throughout the world. Thanks to its versatility, pasta harmonizes well with traditional and regional ingredients from around Italy. It is a **simple food that unites key elements like no other product can,** such as enhanced nutritional qualities, long shelf life, versatility of use, ease of preparation, affordability and wholesomeness.

Pasta the perfect blend of taste and healthiness is a quintessential “good” food that satisfies all palates with its countless of possible combinations.



Fill a pot with water, place it on a burner, set the burner to high and cover the pot with a lid to speed up the boiling.

Now get comfortable ... you may have eaten pasta many times, but how much do you really know about it?

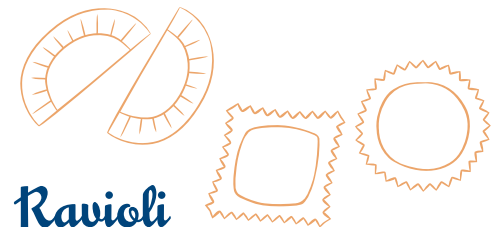
**THE 10 / 100 / 1000 RULE:
10 g salt / 100 g pasta / 1,000 ml water**

PASTA, A LOVE AFFAIR THROUGH THE AGES

Pasta is thousands of years old and dates back to the origin of civilization, when humans abandoned their nomadic life for agriculture and began farming wheat. That precious grain could be blended with water, stretched into thin sheets and baked on hot rocks.

That same recipe conquered Rome at the time of Cicero, who wrote about *laganum*, the forerunner of pasta strips similar to modern *tagliatelle*.

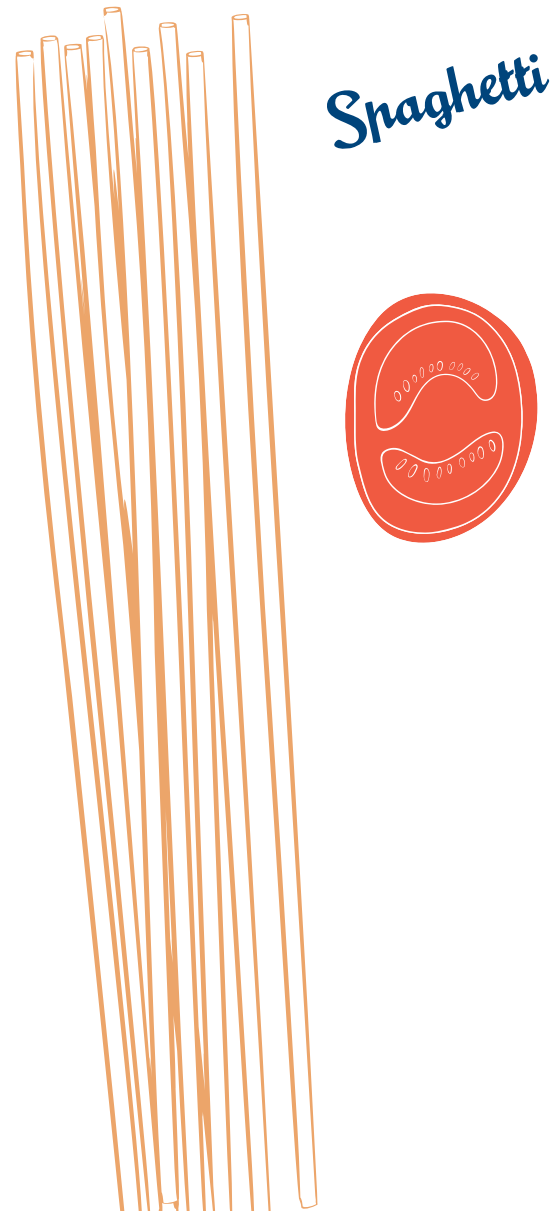
Medieval times saw the **flowering of innovation and inventiveness that would accompany the development of Italian pasta making**, reflected in the creation of hollow and filled, fresh and dried pasta, that was sauced according to the best in local culinary traditions.



During those many years, pasta making expanded to include many types, forms and cooking methods that evolved along with human society, advancing from baking in an oven to boiling in a pot. However, the advent of **drying**, which originated with nomadic desert **populations, is still one of the key processes in pasta making today** because it allowed pasta to be carried on long journeys in areas with not enough water for fresh preparation every day.

The popularity of pasta led to the perfecting of its production process and the invention of pasta making machines, which in turn made it into an affordable food. Over time, centers of production were established with a dense network of small manufacturers, a process that reached its apex in the XVI century.

Italy is the world's top producer, exporter and consumer of pasta, with an annual pro capita consumption of 25 kg, proof of the quality, experience and passion that goes into this product, unique throughout the world.

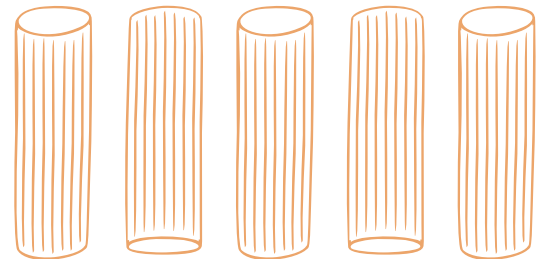


PASTA PRODUCTION

While the way dry pasta is made has changed over time, the product itself has remained the same: **a simple blend of flour and water.**

In Italy, while fresh pasta can also be made with soft wheat flour, **dry pasta is made exclusively with durum wheat semolina**, which contains gluten, a tenacious substance that remains *al dente* even when boiled.

“A simple blend of
Wheat & Water”



Rigatoni

SELECTION



1

Selecting the durum wheat is a key phase that has great influence on the quality of the final product. Pasta making uses only the highest quality durum wheat that comes from the heart of the kernel without the bran. It has a uniform yellow color and high protein content, with high-quality gluten.

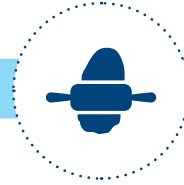
MILLING



2

Wheat is brought to a mill to be dried, cleaned and ground. During the milling process, the kernels pass through a series of separators that break them down, remove their external layers and grind them into progressively finer flour. The last phase refines the flour and creates a product called semolina.

DOUGH



3

Wheat semolina is then kneaded with very pure water. The starch and protein in the wheat bind with the water to form gluten, a protein network that holds the hydrated starch granules together.

HOW DO I STORE PASTA?

To conserve the nutritional value and quality of pasta, store it in a clean, tidy, cool and well-ventilated place. Open or damaged packaging can attract insects, so always store pasta well-sealed in its package.

EXTRUSION



4

During the extrusion phase, the dough is molded by dies into one of many possible shapes. An extrusion die has holes at its entrance and exit points that form the dough into a specific shape as it is pushed out of the pasta-making machine. The holes in the dies can be made of bronze or covered with teflon. Bronze die extrusion creates a very rough and porous surface on pasta, which helps sauces to cling much better. Teflon die extrusion, on the other hand, creates pasta that is smoother, and more lustrous and elastic.

DRYING



5

Drying is the most critical part of the entire pasta production process. During this phase, pasta is left to rest inside dryers that are ventilated with hot air, which reduces their water content down to the 12.5% max. moisture level provided for by Italian law. The length of the drying process will vary depending on the type of pasta being produced. The final product is then slowly cooled at room temperature.

PACKAGING



6

At the end of the production cycle, pasta is packaged in various types of boxes and bags depending on its shape and size. Packaging serves two purposes: to protect the product from external contaminating agents and to provide consumers with full nutritional information.



Choose the shape and type of pasta that will best enhance the sauce

Pasta has two different types of surfaces:

- > SMOOTH > which gives a light texture and taste;**
- > RIDGED > which absorbs and holds more sauce.**

ONLY 2 INGREDIENTS... MORE THAN 300 SHAPES

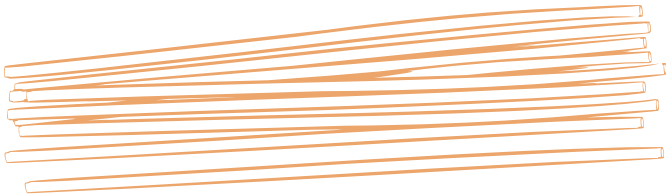
Today, there are more than 300 types of pasta available in Italy. They are classified as: **dry or fresh; hollow or filled; long or short; smooth or ridged.** Italy's many different pasta types are distinguished by their shape and their type of dough, surface texture and filling, when present.

This variety of types highlights the richness of Italian culinary heritage, which brings together history, innovation, tradition and creativity in one of the world's most-loved foods. **The many different shapes are not just the result of vivid imaginations;** they actually have very different tastes, consistencies and are paired with different types of sauces.



Based on shape Pasta falls into two basic categories:

Long Pasta



Spaghetti

WIDE

(e.g. lasagne, reginette and pappardelle);

NARROW

(e.g. capellini, tagliolini and fettuccine);

RECTANGULAR OR FLAT

(e.g. trenette and linguine);

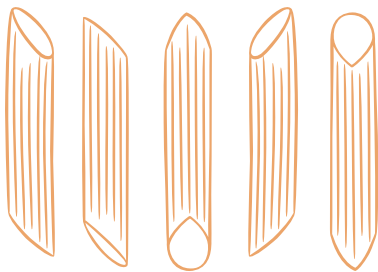
ROUND

(e.g. spaghetti and vermicelli);

TUBULAR

(e.g. bucatini).

Short Pasta



Penne

SMALL OR SOUP PASTA

(e.g. quadrucci, stelline and ditalini);

MEDIUM

(e.g. conchiglie and orecchiette)

LARGE

(e.g. rigatoni and fusilli);

STUFFED

(e.g. ravioli and agnolotti);

DECORATIVE

(e.g. ruote).





Drop pasta into the boiling water,
then stir lightly with a wooden spoon for the
first few minutes to make sure it does not
stick together.

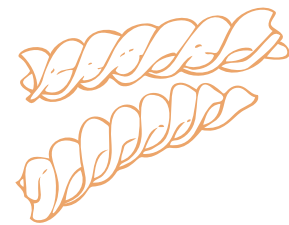
The right portion for an adult of a plate
of pasta is gr. **80/100** also depending
on the dressing

PASTA IS GOOD... ALSO FOR *THE ENVIRONMENT*

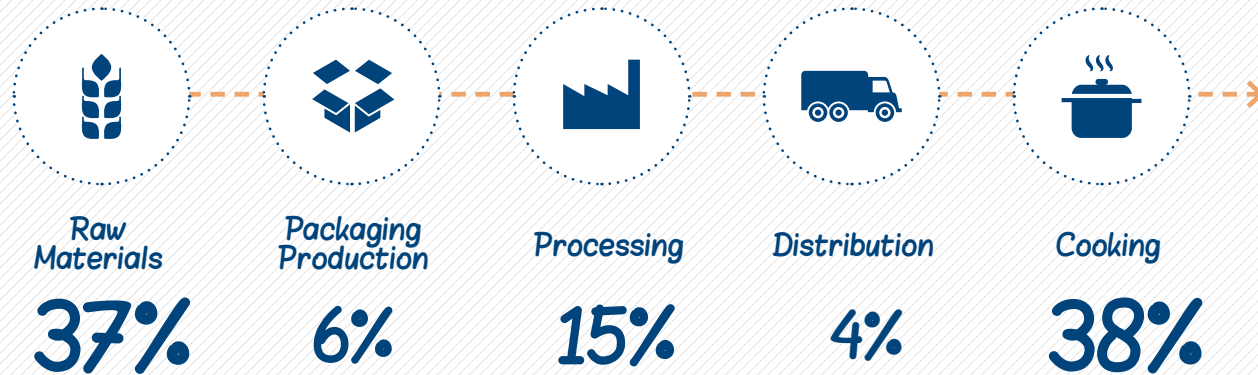
According to US dietary guidelines, pasta, rice, vegetables and grains are good for both our diet and our planet. While everybody knows how delicious and versatile pasta is and what an ally it is in the kitchen, **perhaps not everyone knows that including it in our diet is also an eco-friendly choice.** Confirmation of this comes from a group of medical and nutritional consultants to the US government that has linked diet to sustainability and promotes a nutritional model based on fruits, vegetables and grains (*2015 Dietary Guidelines Advisory Committee*).

Grain-based foods, such as pasta, do not require an intensive production process and have a low environmental impact. Moreover, thanks to the versatility of pasta, it is also the perfect waste-free food, as leftovers can be used in omelets, flans, cold salads, etc.

Fusilli



Pasta is a sustainable choice along its entire production chain:



Source : EPD® Dry durum wheat semolina pasta.

> Raw Materials

today modern farms use both advanced techniques and traditional methods, such as crop rotation, to grow durum wheat, while achieving high quality yields and low environmental impact and limiting the use of chemical fertilizers.

> Finished product

considering the resources needed (energy, water, etc.) to make pasta, it is a very sustainable product. If we look at the carbon footprint along its entire production chain (from field to table), we can see that its industrial processing, including milling, is very low: less than 15%.

> Packaging disposal

packaging materials for pasta, primarily cardboard boxes and plastic bags, are easily recycled, which greatly reduces the environmental impact of this food.

> Preparation at home

ironically, this phase of pasta making has the highest environmental impact, making up 38% of its entire carbon footprint.



The pasta-making sector has become more and more socially responsible and has reduced its water consumption by 20% and its CO₂ emissions by 21%, making pasta a foodstuff with one of the lowest levels of environmental impact.

In general, the environmental impact of pasta from field to table, including the production and processing phases, is **one global square meter per serving of pasta**. This measurement refers to the amount of biologically productive sea and land area needed to regenerate the resources consumed during production and is actually a very low amount. The carbon footprint of an **80-gram** portion of pasta is only **150 g of CO₂ equivalent**.

As our increasingly-populated planet heads towards climatic uncertainty, our food choices must make proper use of the Earth's precious resources. **Therefore, people who love pasta are also making the best choice in terms of environmental sustainability!**

REDUCTION OF ENVIRONMENTAL IMPACT

*Begin at home. As opposed to what most people think, cooking pasta at home is the part of the process that impacts most on the environment, **making up 38%** of pasta's carbon footprint along its entire production chain.*

To reduce the environmental impact of cooking pasta, always do the following:



Use only the exact amount of water needed, which is about 1,000 ml for every 100 grams of long pasta and 700 ml for every 100 grams of short pasta.



Always put a lid on the pot to bring the water to a boil as quickly as possible and consume less energy.



Never add salt until the water has started to boil, as this will corrode the bottom of the pot.



Keep a close eye on the cooking time.

As soon as the suggested time on the package is up, or even one or two minutes earlier, check and drain pasta.

Put aside a bit of the cooking water so that,

should the drained pasta dry out a bit, you can add it instead of oil.

Never pour cold water on drained pasta,

because this will remove the starch coating that helps the sauce stick to the surface.

PASTA IS GOOD... ALSO FOR YOUR HEALTH

The Mediterranean Diet is a **nutritional model with a wide variety of foods of vegetable origin** that, according to many authoritative scientific studies, has positive effects on physical and mental health and wellbeing.

This dietary model includes fruits, vegetables, breads, refined and whole grains, potatoes, beans, lentils, nuts and seeds, along with one of its main pillars: pasta. Since the 1960s, pasta has been re-assessed as **a key food for a well-balanced diet thanks to its nutritional value and other advantages**. These include its versatility and digestibility, the latter is due to the transformation that takes place in the carbohydrates during the cooking process. Moreover, it is a very filling food with a relatively low calorie content.

“The heart of the
Mediterranean
Diet”



Conchiglioni

Pasta helps you stay healthy

Complex carbohydrates in general, and pasta in particular, should be the basis of a healthy diet for people who wish to stay in shape. Obtaining 60% of our daily energy needs from carbohydrates allows for a significant reduction in fat and protein intake. This leads to eating more healthfully with less fat (especially saturated) and cholesterol intake, thereby reducing the risk of related diseases.

What about high protein diets ?

We can reduce but never eliminate the sources of 'energy' that our body needs to function well. Complex carbohydrates are the best example of this and are fundamental, even when a person is on a diet. While this seems contrary to what some 'fad' diets would have people believe, those diets often promise miracles that they cannot deliver and can actually create more problems than they claim to solve.



1 *Pasta contains complex carbohydrates and, therefore, satiates hunger for a long time.*

Pasta is an excellent source of complex carbohydrates, which are better than simple sugars in providing slow-release energy. Contrary to common beliefs, carbohydrates do not cause weight gain. Many studies have shown that weight gain and obesity are caused by consuming excess calories and not carbohydrates. Thanks to its essential nutrients, guidelines for healthy eating based on a 2,000-calorie-a-day diet advise having pasta every day and making it 45% to 64% of the total calories derived from such nutrients, along with other grains at every meal.

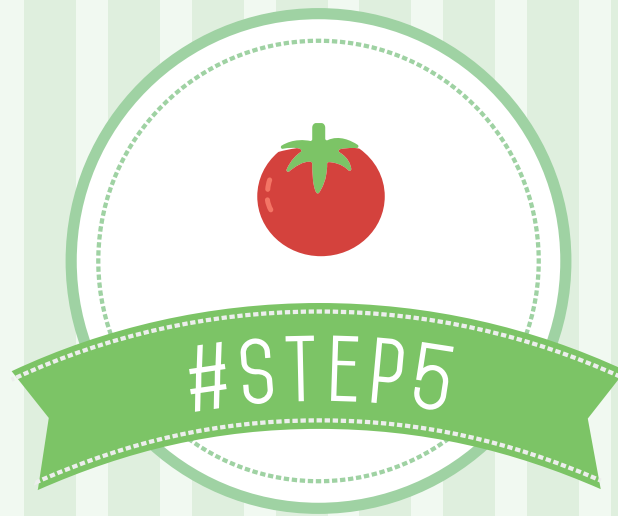
2 *Carbohydrates have the lowest glycemic index (GI).*

Sugars from carbohydrates are a fundamental source of energy for our brains and muscles and pasta is different from other types of carbohydrates because it has a low GI. Maintaining a low GI is an effective way of fostering heart health and preventing some of the most common cardiovascular diseases.

3 *Source of folic acid*

Pasta contains a lot of folic acid, which is an essential vitamin for women in their fertile years. On average, a portion of dry pasta provides 100 mg of folic acid, which is about 25% of the recommended daily intake (RDI).





Serving pasta:
put a bit of the sauce on the bottom of the serving dish so that it will be easier to toss.

Gently pour pasta into the serving dish and add the rest of the sauce and toss.

If it looks too dry, add a bit of the cooking water that you put aside.





Pasta Recipes

Now that you know all about making pasta,
try some of these recipes that we have selected
just for you!

Ingredients for four servings

- **400 g** pasta (spaghetti)
- **150 g** guanciale pancetta or good bacon
- **4** egg yolks
- **100 g** grated Pecorino Romano (cheese)
- **20 ml** extra virgin olive oil
- salt and pepper to taste

Difficulty



Spaghetti alla carbonara

1 Beat the egg yolks, a dash of salt and one third of the cheese in a bowl.

2 Place a pan on medium heat and add some oil. As soon as the oil is hot, add the guanciale or bacon and sauté it for a few minutes until golden.

3 In the meantime, cook the pasta in abundant salted boiling water for the time indicated on the package.

4 Drain pasta, place it in the pan with the guanciale and blend well.

5 Turn off the burner, add the egg mixture and a couple tablespoons of cooking water to the pan and gently toss for about 30 seconds.

6 Add the remaining cheese, mix again and top with an abundant amount of freshly ground black pepper. Serve immediately.

Ingredients for four servings

- **350 g** fresh pasta (trofie)
- **30 g** grated Parmigiano Reggiano (cheese)
- **20 g** grated Pecorino Sardo (cheese)
- **12 g** pine nuts
- **25** basil leaves
- **1** garlic clove
- **40 g** extra virgin olive oil
- pinch of coarse salt

Difficulty



Trofie with Basil Pesto

1 Wash and dry the basil. Put a few basil leaves in a mortar and pound them with a pestle, then slowly add and pound the remaining leaves a few at a time, as this makes it easier to crush them.

2 Add the pine nuts and pound them a few at a time, then do the same with the garlic and salt.

3 Continue crushing and blending all the ingredients with the pestle until they become a paste. Add the cheeses and blend well.

4 Drizzle in the oil and continue blending until the paste is smooth and creamy.

5 Cook pasta in boiling salted water for the time indicated on the package. Place the pesto in a serving bowl and thin it with a spoonful of the cooking water to make it creamier.

6 Drain pasta, add it to the serving bowl and mix it with the pesto until evenly coated. Garnish with whole basil leaves and freshly grated cheese. Serve immediately.





Pasta & Chickpeas

Ingredients for four servings

- **320 g** pasta (pipe rigate)
- **500 g** boiled chickpeas
- **50 g** onions
- **50 g** celery
- **1** garlic clove
- **1** pinch salt
- Pepper to taste
- **100 g** smoked pancetta
- **40 g** extra virgin olive oil
- **250 g** tomato purée
- **1** sprig rosemary
- **50 g** carrots
- **50 g** white wine
- Tomato paste

Difficulty



1 Wash and finely chop the carrots, celery and onion separately. Finely chop the rosemary and put all these ingredients aside.

2 Put some oil in a pan and sauté the onion, then add the celery and carrot and continue cooking for a few minutes. Add the garlic clove and let it infuse the mirepoix. Continue sautéing, stirring occasionally so the vegetables do not burn.

3 Cut the pancetta into small strips and add it to the pan. Chop the rosemary and add it to the pan; continue sautéing for a few minutes.

4 Deglaze the pan with the wine, add salt and pepper to taste, then add the chickpeas. Add the tomato purée to the pan and let simmer on low heat for about 15 minutes. Then add the tomato paste and a ladleful of water.

5 Remove the garlic clove. Cook pasta in salted boiling water, and as it is cooking, purée a third of the chickpeas until creamy.

6 Add the purée and sautéed vegetables to a skillet.

7 Drain pasta cooked al dente, add it to the skillet and toss to blend all the ingredients thoroughly. Serve immediately.

Ingredients for four servings

- 400 g pasta (vermicelli)
- 1 kg clams
- 1 garlic clove
- 1 bunch finely chopped parsley
- extra virgin olive oil to taste
- fresh ground pepper to taste
- coarse salt to taste

Difficulty



Vermicelli with Clams

- 1** First, check to see that the clams are edible. Tap the open end of each clam on a wooden cutting board. If dark sand falls out, then the clam is full of sand and should be thrown out. Also get rid of any clams with broken shells.
- 2** Place the clams in a colander set in a bowl in the sink. Rinse them several times under cold running water until no more sand runs out.
- 3** Place a bit of oil in a large pot and sauté the peeled garlic for a few moments.
- 4** Drain the clams, strain the accumulated clam juice and put it aside. Shuck half of the clams. Cook pasta in abundant boiling salted water for half the time indicated on the package.
- 5** While pasta is cooking, finely chop the parsley. Place some oil and a garlic clove in a large pan and add the strained clam juice. Let simmer for a few minutes to reduce the liquid, then add half of the chopped parsley.
- 6** Let simmer for a few minutes to reduce the liquid, then add half of the chopped parsley.
- 7** Drain half-cooked pasta (reserving the cooking water) and add pasta to the pan. Continue cooking pasta in the pan.
- 8** Add the shucked clams, followed by those with the shells, then the rest of the parsley and a dash of pepper.
- 9** If necessary, add a few ladlefuls of cooking water to keep pasta moist. Remove the pan from the heat and serve immediately.

Ingredients for four servings

- **250 g** egg pasta (fettuccine)
- **80 g** red onions
- **4** artichokes
- **150 g** smoked pancetta
- **40 g** white wine
- **3 g** salt
- **2 g** fresh ground black pepper
- **30 g** extra virgin olive oil
- one 0.125 g packet saffron
- **3 g** sprigs fresh thyme
- **1** lemon

Difficulty



Fettuccine with Artichokes & Pancetta

- 1** First, clean and prepare the artichokes, wearing latex gloves to protect your hands from discoloring.
- 2** Remove the thick outer leaves of the artichoke head until you get to the softer inner ones and cut off the hard tops and stems.
- 3** Fill a small basin with cold water and lemon juice and place the heads and stems in the water to prevent them discoloring as you work. Peel off the thick outer skins of the stems and chop them into small pieces.
- 4** Then cut the artichoke hearts in half, remove the fuzzy chokes and cut into quarters.
- 5** Clean and julienne the red onion, then sauté it in a pan with a generous amount of olive oil.
- 6** Then add the crispy pancetta and artichoke pieces to the onion in the pan and let simmer on low heat. Dissolve the saffron powder in a small amount of water in a terrine and put it aside.
- 7** Cook pasta in salted boiling water for the time indicated on the package.
- 8** Drain pasta and add it to the sauce. Add the saffron to the pan and toss all the ingredients together over high heat until pasta is evenly coated.
- 9** Serve with a sprinkling of fresh thyme.

Ingredients for four servings

- **320 g** pasta (calamarata)
- **300 g** swordfish steak
- **400 g** Pachino cherry tomatoes
- **30 g** extra virgin olive oil
- **20 g** white wine
- **2** garlic cloves
- **3** sprigs chopped parsley
- **0.5** fresh ground pepper
- **5 g** salt

Difficulty



Calamarata with Swordfish sauce

- 1** Remove the skin from the swordfish steak, then cut it into strips and then cubes.
- 2** Wash and dry the cherry tomatoes and cut them in half.
- 3** Heat some oil in a skillet and sauté one garlic clove, then add the cherry tomatoes.
- 4** Add salt and pepper to taste so that the tomatoes will release their natural juice, then add the capers.
- 5** Cover the skillet with a lid and let simmer on low heat for at least 20 minutes. Then remove the garlic.
- 6** In another skillet, heat some oil and sauté the other garlic clove and the swordfish cubes. Add salt and pepper to taste.
- 7** Deglaze the pan with the fish with white wine and remove the garlic clove. When the fish is cooked, turn off the burner. Cook pasta in abundant boiling salted water for about 8 minutes.
- 8** Drain pasta al dente and put a ladleful of the cooking water aside. Add the pasta to the pan with the cherry tomatoes.
- 9** Add the cooking water and simmer the pasta with the tomatoes, stirring gently with a spatula to blend the ingredients.
- 10** Add the cooked swordfish cubes and chopped parsley to pasta and toss all the ingredients. Dress pasta with a drizzle of extra virgin olive oil and serve immediately.

Ingredients for four servings

- **400 g** pasta (casarecce)
- **500 g** ripe, firm vine tomatoes
- **1** large bunch basil
- **1** smoked pancetta
- Salt to taste
- fresh ground pepper to taste
- **100 g** grated Parmigiano Reggiano cheese
- **1** garlic clove (about 2 g)
- **150 g** extra virgin olive oil
- **50 g** pine nuts
- **150 g** cow's milk ricotta cheese

Difficulty



Casarecce with Sicilian Pesto

1 Wash the tomatoes and cut them in half. Seed the tomatoes and squeeze them to remove the excess juice.

2 Wash the basil leaves under cold running water and dry them with a cloth.

3 Place the tomatoes, basil and pine nuts in a food processor or blender and puré. Peel the garlic clove, cut it in half and add it to the mixture along with the two cheeses. Add salt and pepper to taste.

4 Then add the oil and blend again on low speed until creamy. Stop blending when the mixture reaches the consistency you prefer. Taste and correct for salt and pepper.

5 Cook pasta in boiling salted water for the time indicated on the package.

6 Drain pasta and place it in a serving bowl. Add the pesto to the pasta and toss together. Serve immediately.





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qualità, gusto e piacere