



PASTA AS A  
**PILLAR OF ITALIAN  
GASTRONOMY**

# PASTA AS A PILLAR OF ITALIAN GASTRONOMY

PASTA IS AT THE HEART OF ITALIAN CUISINE. IT'S **A WAY OF LIFE IN ITALY**, PREPARED EVERY DAY WITH LOVE BY ITALIAN FAMILIES FOR GENERATIONS. THE CONNECTIVITY BETWEEN PASTA AND ITALIAN CULTURE CANNOT BE OVERSTATED. THAT KIND OF EMOTIONAL CONNECTION HOLDS GREAT POWER ON MENUS TODAY SO LEVERAGING PASTA AND ITS RICH TRADITIONS AROUND BRINGING PEOPLE TOGETHER IS A SMART MENU STRATEGY.



## MAKING PASTA THE BARILLA WAY

The art and science of pasta is a process that Barilla takes very seriously.

- 1 Pasta production begins when **durum wheat seeds** are sown in a field.
- 2 Durum is a particular wheat species that grows well in warm and dry climates, like the **sunny climate found in the Mediterranean**. That's where Barilla sources most of our durum wheat for the production of our pasta. Durum wheat has hard kernels — "durum" means "hard" in Latin — and is perfect for producing dry pasta.
- 3 Once it's harvested, the wheat is **ground in a mill to obtain a semolina flour** that's the right coarseness and the perfect deep yellow color typical of pasta.
- 4 The semolina is then mixed with water in the right proportion and kneaded to yield an **homogenous dough with the ideal moisture**.
- 5 The dough is **extruded through dies** that have been designed to provide the best cooking experience for the chef, and the best flavor experience for the guest.
- 6 The shapes, which vary in size, weight and required cooking time, are then dried until water evaporates almost completely, leaving them hard and ready to be cooked. The drying process allows the pasta to be **shelf stable for months**.

## 5 WAYS BARILLA HELPS CHEFS MAKE THE BEST PASTA

- 1 Chefs' sauces deserve the best quality pasta—always al dente.
- 2 The more pasta dishes sold, the higher the gross margin mix throughout your business.
- 3 It's ideal for double-cooking and kitchen efficiencies.
- 4 It's easy when you pre-cook, then simply blanch and plate.
- 5 Frees up kitchen labor and controls quality standards.

# 7 SIGNATURE PASTA CUTS

## 1 BUCATINI

Type: Long, hollow durum wheat pasta



Where in Italy: **Lazio**, especially in the area of Amatrice; also widespread in Liguria and central-southern Italy

The Italian Way: Traditionally served with the Amatriciana sauce, it lends itself well to velvety pasta sauces like cacio e pepe and carbonara. Its hollow interior helps carry more of the sauce, making it ideal for rich, saucy pasta dishes.



## 2 CASARECCE

Type: Shaped like a narrow, twisted tube



Where in Italy: **Sicily** and southern Italy

Traditionally, casarecce are seasoned either with a fresh pesto sauce or with tomato, basil, olive oil and ricotta cheese, perhaps with a sprinkling of almonds.



## 3 ORECCHIETTE

Type: Shaped like little ears



Where in Italy: Central and southern Italy

The Italian Way: One of the oldest Italian pastas, the roughness of the central hollow absorbs a variety of sauces to perfection.



## 4 GNOCHETTI SARDI

Type: Shaped like small tree knots



Where in Italy: **Sardinia**

The Italian Way: Served with flavor-rich meat sauces and sprinkled with pecorino cheese, or fresh tomatoes and basil, or with tomato, ricotta and grated cheese.



## 5 PIPETTE RIGATE

Type: Curved pasta tubes



Where in Italy: **All regions**

The Italian Way: Often served with tomato sauce, simple butter-based condiments, meat sauces and peas.



## 6 CELLENTANI

Type: Spring-shaped pasta that owes its name to the Italian pop singer Adriano Celentano, who was dubbed, in the 1960s, "Mol-leggiato" (Springy)



Where in Italy: **Southern Italy**

The Italian Way: With its characteristic grooved surface, it's suitable for absorbing rich fish sauces.



## 7 LIGURIAN TROFIE

Type: A spiral or curled shape



Where in Italy: **Liguria** and the adjacent coastal areas of Tuscany

The Italian Way: Traditionally, it's boiled in water with green beans and potatoes and seasoned with a classic pesto sauce, made with Ligurian basil, garlic, pine nuts, salt, pecorino cheese and Ligurian oil.



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