

# An Italian *romance*

Fall in love with the beautiful flavours and regions of Italy captured in the Barilla range of authentic sauces and quality pasta.





## Buongiorno!

Italian cuisine offers an incredible diversity of flavours from 20 regions. Every region is unique, from the cooler climates of the north to the warmer regions in the south, each is famous for its amazing produce, landscape and traditional dishes.

While every region is different, we Italians have one thing in common – our love for an authentic pasta meal to enjoy with family and friends. In fact, pasta is so much a part of our culture that in Italy there are more than 300 different shapes to choose from!

Barilla pasta is number one in Italy for good reason. Since 1877, the Barilla family has been making pasta with only the best-quality durum wheat using time honoured processes to give you a product that cooks and tastes better – it's always al dente, never sticks, clumps or splits. And, of course, good quality pasta deserves a quality sauce to match. Our range of all-natural pasta sauces are prepared in the authentic Italian way, designed to hug the pasta just perfectly.

Utilising some of Barilla's great pasta and sauces, here are a couple of simplified recipes which showcase our regions, so you can make them at home and enjoy a delicious meal with friends and family. *Buon Appetito!*

Luca Ciano  
Executive Chef,  
Barilla Australia

## Liguria

A coastal region set against a mountainous backdrop that's home to pine forests, Liguria is known for its abundance of pine nuts.

### ZUCCHINI, MINT & PINE NUT LASAGNE

- 2 tbs extra virgin olive oil
- 2 garlic cloves, crushed
- 4 large zucchinis, halved lengthways, thinly sliced
- 1/3 bunch mint, finely chopped
- 200g Barilla Lasagne sheets
- 1/3 cup (50g) pine nuts, toasted
- 1 1/4 cups (100g) grated parmesan

### White sauce

- 60g unsalted butter
- 60g plain flour, plus 1 tbs extra
- 4 1/2 cups (1.125L) milk
- 1/4 tsp ground nutmeg

Preheat oven to 200°C. To make white sauce, melt butter in a saucepan over medium-high heat. Add the flour and cook, stirring, for 2-3 minutes until golden. Gradually add milk, whisking constantly, until combined. Add the nutmeg, season and cook, stirring for 10 minutes or until sauce boils and thickens.

Heat oil in a frypan over medium-high heat, add garlic and zucchini, then cook for 3-4 minutes until softened. Stir in the mint and season.

Spread 1/2 cup white sauce over base of a deep 20cm x 27cm baking dish. Cover with layer of Barilla Lasagne sheets, then add 1/2 cup white sauce and top with one-quarter of the zucchini, one-quarter of the pine nuts and 1/4 cup parmesan. Repeat layers three more times. Top with a layer of white sauce and parmesan, then bake for 25 minutes or until bubbling and golden. Rest for 10 minutes before serving. **Serves 6**

### SHEETS OF SUCCESS

Barilla Lasagne sheets are ready to use, perfect for absorbing sauce, and ready in 20 minutes.



## Piedmont

This beautiful region is known for its prize-winning wines. More recently it has been claimed to be Italy's most progressive food region, famous for rich dishes featuring locally grown truffles.

### TAGLIATELLE WITH VEAL, PORCINI MUSHROOMS & TRUFFLE OIL

- 20g dried porcini mushrooms
- 1/3 cup (80ml) extra virgin olive oil
- 1/2 onion, finely chopped
- 1/2 carrot, finely chopped
- 1/2 celery stalk, finely chopped
- 40g round pancetta slices, finely chopped
- 1 garlic clove, crushed
- 400g veal mince
- 1/2 cup (125ml) red wine
- 400g jar Barilla Napoletana sauce
- 250g Barilla Egg Tagliatelle
- 1/2 cup basil leaves
- 1 tbs truffle oil
- Grated pecorino or parmesan, to serve

Soak the mushrooms in 1/2 cup (125ml) hot water for 10 minutes, then drain, reserving liquid, and chop mushrooms, set aside.

Heat 2 tbs oil in a large deep frypan over medium heat and cook the onion, carrot, celery and pancetta for 3-4 minutes until softened, then add the garlic and cook for a further 1-2 minutes until fragrant. Add the mince, season and cook, breaking up lumps with a spoon, for 3-4 minutes until browned. Add the wine and cook for a further 3-4 minutes until reduced. Add the Barilla Napoletana sauce, porcini mushrooms and reserved liquid, and bring to simmer.

Bring a large saucepan of salted water to the boil, add the pasta and cook until al dente. Drain and toss pasta with the sauce, then stir through the basil. Remove from the heat, drizzle with truffle oil and serve with pecorino. **Serves 4**

“From north to south, the regions of Italy offer different landscapes, traditions and ingredients that shine in local dishes.”



### BACK TO BASICS

Tagliatelle is produced with a traditional bronze die to offer a rough and porous pasta that sauce will bind to. Perfect with Barilla Napoletana – a classic tomato pasta sauce flavoured with thyme and parsley.



## Lazio

Simple yet packed with flavour, A'Matriciana sauce represents Lazio regional cooking. Located in central Italy, Lazio has always been a hot-pot of cultural flavours. Easy pasta sauces, roast meats and pork are popular local favourites.

### RIGATONI A'MATRICIANA

2 tbs extra virgin olive oil,  
plus extra to drizzle  
1/2 onion, thinly sliced  
150g pancetta, rind removed,  
cut into cubes  
400g jar Barilla Basilico sauce  
400g Barilla Rigatoni  
Grated pecorino or parmesan, to serve

Heat oil in a frypan over medium heat, add the onion and cook for 2-3 minutes until softened. Add the pancetta and cook for a further 5 minutes or until slightly crispy. Add the Barilla Basilico sauce and bring to a simmer.

Meanwhile, bring a large saucepan of salted water to the boil, add the pasta and cook until al dente. Drain and toss with the sauce until combined.

Serve with grated pecorino and a drizzle of extra virgin olive oil. **Serves 4**

**TIP** Add a few baby capers to the sauce for a salty burst of flavour.

### THE CLASSICS

Enjoy the intoxicating aroma of basil and sweet ripened tomatoes in Barilla Basilico pasta sauce. With its large tubular shape and textured surface, Barilla Rigatoni is ideal to serve with this traditional sauce.



## Puglia

A large, fertile, agricultural region that forms the heel of Italy's 'boot', Puglia prides itself on simple recipes passed down through the generations. Puglians are famous for their homemade orecchiette – little ear-shaped pasta shells.

### ORECCHIETTE WITH BROCCOLI, ANCHOVY, GARLIC & CHILLI

400g Barilla Orecchiette  
1 large head broccoli,  
cut into small florets  
1/3 cup extra virgin olive oil,  
plus extra to serve  
3 garlic cloves, crushed  
1/2 onion, thinly sliced  
1 tsp dried chilli flakes  
10 (25g) anchovies in oil, drained, chopped  
Finely grated ricotta salata, to serve

Bring a large saucepan of salted water to the boil, add pasta and cook until al dente, adding the broccoli for the final 3 minutes. Drain, reserving 1/4 cup (60ml) cooking liquid.

Meanwhile, heat oil in a large frypan over medium heat, add the garlic, onion, chilli, then cook for 3-4 minutes until fragrant. Add anchovies and cook, stirring for 1 minute or until they start to dissolve into the sauce. Add the pasta, broccoli and reserved liquid, then cook for 1-2 minutes until heated through.

To serve, stir through grated ricotta and drizzle with extra virgin olive oil. **Serves 4**

**TIP** Use finely chopped red chilli instead of chilli flakes.



### LITTLE EARS

With a round, concave shape, orecchiette means 'little ears' in Italian. The cup-like shape and ridged exterior of Barilla Orecchiette is ideal for scooping up small vegetables and holding chunky sauces.





Casarecce alla Norma (casarecce with eggplant, tomato & ricotta)

## Sicily

Sicilians use any occasion to feast. And with the huge range of locally grown produce, including durum wheat and olive oil, they can.

### CASARECCE ALLA NORMA (CASARECCE WITH EGGPLANT, TOMATO & RICOTTA)

Sunflower oil, to deep-fry

1 eggplant, cut into 1cm pieces

¾ cup (110g) plain flour

400g Barilla Casarecce

400g jar Barilla Ricotta sauce

½ cup basil leaves

50g ricotta salata or parmesan, grated

125g ball buffalo mozzarella, cut into 1cm pieces

Extra virgin olive oil, to serve

Half fill a saucepan over medium heat with sunflower oil and bring to 190°C (a cube of bread will turn golden in 30 seconds when the oil is hot enough). Dust eggplant in flour, then deep-fry, in batches, for 3 minutes or until golden. Drain on paper towel, season and set aside.

Bring a saucepan of salted water to the boil. Add the pasta and cook until al dente.

Place Barilla Ricotta sauce in a large frypan over medium heat and bring to a simmer. Add the drained pasta, season and cook for 1 minute until combined and warmed through. Remove from the heat and add the eggplant, basil leaves and ricotta and mozzarella. Toss to combine then serve drizzled with extra virgin olive oil.

**TIP** Slightly sour, salted ricotta creates a rustic flavour. You can also use regular ricotta.

**Serves 4**



Spaghetti with tuna & garlic breadcrumbs

### SPAGHETTI WITH TUNA & GARLIC BREADCRUMBS

½ cup (125ml) extra virgin olive oil

125g fresh breadcrumbs

1 garlic clove, crushed

½ tsp dried chilli flakes

1 tbs dried oregano

250g sashimi-grade tuna, thinly sliced

Juice of 2 lemons

Juice of 1 small orange

400g Barilla Whole Grain Spaghetti

60g sun-dried tomatoes, thinly sliced

60g pitted Sicilian olives, thinly sliced

½ cup basil leaves, torn

¼ cup (45g) capers, drained, chopped

Heat ⅓ cup (80ml) oil in a frypan over medium heat. Cook breadcrumbs for 2 minutes or until golden. Add garlic, chilli and oregano, then cook, stirring, for 1 minute. Set aside.

Place tuna in a bowl with lemon and orange juice, and season. Marinate for 5-10 minutes.

Meanwhile, bring a pan of salted water to the boil. Cook spaghetti until al dente. Drain.

Combine sun-dried tomatoes, olives, basil, capers and remaining 2 tbs oil. Add pasta and toss to combine. Stir through tuna and some marinating juices, top with crumbs and serve. **Serves 4**

### SICILIAN SPECIALTIES

A traditional blend of creamy ricotta flakes and chopped tomatoes, Barilla Ricotta sauce adds richness to the soft texture of Barilla Casarecce, whose unique shape soaks up the flavours. Barilla Whole Grain Spaghetti makes a tasty and healthy meal. Made with the best-quality natural wholegrain wheat, one serve provides you with 20 per cent of your daily fibre needs.



For more information, visit: [barilla.net.au](http://barilla.net.au) & [facebook.com/casabarilla](https://facebook.com/casabarilla)



NUMBER 1 IN ITALY