

WORLD
PASTA
DAY 2024

Pasta PASSPORT





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THE GRAND TOUR OF PASTA:

A Journey Through Italian Flavors, Stories, and Traditions

When we talk about Italy, it's impossible not to think of pasta. Pasta is not just a dish. It represents that uniquely Italian ability to turn simple ingredients into something extraordinary.

For those traveling in Italy, enjoying a plate of pasta means connecting with the authentic value of conviviality. Whether in a hidden trattoria in a Roman alleyway or a restaurant along the Amalfi Coast, pasta, bite after bite, tells the story of a region and its traditions. But which recipes capture the attention and hearts of the over 40 million foreigners who visit Italy each year?

To answer this question, We Love Pasta and the Touring Club Italiano conducted a survey involving a panel of 100 restaurateurs from the main tourist cities.

The result is "Pasta Journey, the Grand Tour of Pasta": a small guide that explores the 10 most beloved pasta dishes by tourists, listed in order of preference and accompanied by recipes.

From this research, "Pasta Journey, the Grand Tour of Pasta" was born: a small collection, also available in digital format on the website www.welovepasta.it, which explores the 10 most beloved pasta types among tourists, presented in order of preference and accompanied by recipes.

Enjoy your journey



CARBONARA



Carbonara is one of the most beloved dishes in Italian cuisine, replicated worldwide in over 400 variations. Its origins are uncertain, and no one can claim its creation with complete certainty. Some believe it was inspired by a Neapolitan recipe, while others suggest it was created by charcoal makers in the Apennines. Some think it was part of the "K-Ration" for American soldiers during World War II, until the 1950s, when major culinary magazines began to celebrate it as a hallmark of Italian tradition.

INGREDIENTS

- 280 g spaghetti
- 200 g guanciale
- to taste coarse salt
- to taste black pepper and Pecorino cheese
- 4 egg yolks
- 30 g grated Grana Padano
- 20 g grated Pecorino Romano
- approximately 30 g pasta cooking water
- 20 g ground black pepper
- to taste guanciale fat

1. Bring a large pan of salted water to the boil, add the spaghetti and cook until 2 minutes before the indicated time.
2. Dice the guanciale or bacon and brown in a frying pan over a medium heat.
3. Place the egg yolks, grated pecorino and pepper in a large bowl. Combine to obtain a smooth mixture and set aside.
4. When the guanciale is nice and crisp, drain the pasta and add to the pan with the guanciale; add two ladles of cooking water and mix to emulsify.
5. Remove from the heat and add the egg and cheese mixture with another ladle of water. Mix well until the texture is creamy.
6. Serve with more grated pecorino.



LASAGNA



Lasagna is the ultimate comfort food: from family gatherings to dinners with friends, it's a staple on Italian tables. Tourists from all over the world can't resist this dish, often choosing it for an authentic Italian culinary experience. Despite its Neapolitan origins, the most popular and beloved version is the one from Emilia, made with Bolognese ragù and béchamel sauce, which enhances its rich, comforting flavor.

INGREDIENTS

- 300 g lasagna sheets
- grated parmesan

for the ragout

- 300 g beef
- 150 g pancetta
- 50 g carrots
- 50 g celery
- 50 g golden onions
- 100 g red wine
- 300 g tomato puree
- to taste vegetable broth
- extra virgin olive oil
- to taste salt
- to taste black pepper

For the béchamel sauce

- 70 g flour
- 70 g milk
- to taste salt
- to taste nutmeg



1. Begin by making the ragout: heat the oil in a large pan and add the chopped onion and carrot.
2. When the vegetables are soft, add the meat and cook over a high heat. When the meat is cooked, place in a deep pan and cook slowly for at least a couple of hours, stirring occasionally.
3. Make the béchamel by melting the butter in a small pan over a low heat, then add the flour, mix well and add the milk; check the seasoning and bring to the boil.
4. Place a layer of ragout in the bottom of an oven dish, and continue alternating the pasta, béchamel and parmesan until all the ingredients are used.
5. Cook in the oven at 180°C for about 20-25 minutes.



PASTA AL POMODORO



In the beginning, there was pasta, but the real change came with the encounter with tomato sauce, making it versatile and perfect for every season. Although the tradition of pasta dates back centuries earlier, the first recipe with tomatoes only appeared in 1839, thanks to Ippolito Cavalcanti. From then on, tomatoes transformed pasta into an Italian culinary icon, shortening cooking times and inspiring gourmet variations. This recipe, however, remains a true Italian icon: for one in two people, pasta with tomato sauce is their first memory of pasta.

INGREDIENTS

- 360 g spaghetti
- 800 g peeled tomatoes
- 1 garlic clove
- 3 fresh basil leaves
- Extra virgin olive oil, to taste
- Salt, to taste
- Black pepper, to taste
- Parmigiano Reggiano DOP



1. Cook the tomatoes with olive oil and garlic.
2. When the tomatoes are ready, cook the spaghetti until al dente, drain and add to the hot oven dish.
3. Mix well, adding a couple of spoonfuls of cooking water if needed.
4. Take off the fire, add grated cheese and olive oil and stir until creamy.



SPAGHETTI ALLE VONGOLE



This typical Neapolitan dish is traditionally the star of the Christmas Eve dinner. Spaghetti with clams boasts the PAT (Traditional Agro-Food Heritage) mark and is universally known and appreciated by both Italians and tourists. In addition to spaghetti, vermicelli and linguine can also be used; the important thing is that the pasta is cooked al dente and the clams are of excellent quality.



INGREDIENTS

- 1 kg of fresh clams
- 280 g of spaghetti
- Extra virgin olive oil
- 2 garlic cloves
- Parsley
- Salt

- 1.** Place the clams in a bowl of cold salted water (35 g of salt per liter) and let them soak for 3 to 6 hours to ensure they are thoroughly cleaned.
- 2.** Rinse the clams well under running water and check for remaining sand or impurities.
- 3.** In a large pan, crush the garlic and sauté it over high heat. Add the clams and cover until they have completely opened, which should take about 3 minutes.
- 4.** Remove the shells from about 70% of the clams and set aside the remaining ones for garnish. At this stage, it is important to discard any clams that remain closed.
- 5.** Collect and strain the cooking liquid from the clams.
- 6.** Cook the spaghetti in plenty of salted water. While the pasta cooks, heat oil in a pan with the garlic and chopped parsley.
- 7.** Add half of the strained clam water and drain the spaghetti directly into the pan. Finish cooking with the remaining clam water and a ladle of the pasta cooking water. Before turning off the heat, add the clams in their shells.
- 8.** Toss the pasta with another drizzle of raw extra virgin olive oil, black pepper, and more chopped parsley.



BUCCATINI ALL'AMATRICIANA



Bucatini all'Amatriciana is among the 100 most popular dishes in the world, according to TasteAtlas.com. But it doesn't stop there: even the New York Times fell in love with it, naming it a symbol of resilience in 2019. This iconic pasta dish originates in Amatrice, in the heart of central Italy, and the original recipe includes just a few essential ingredients: tomatoes, chili pepper, white wine, guanciale, and pecorino cheese. The ideal pasta shape for such a rich and enveloping sauce is bucatini, though it also pairs perfectly with spaghetti or thick spaghetti.



INGREDIENTS

- 320 g bucatini (or spaghetti or spaghetti)
- 100 g peeled tomatoes
- 120 g thickly sliced aged guanciale
- 50 g grated pecorino cheese
- 1 chili pepper
- 1/2 cup dry, acidic white wine
- Extra virgin olive oil
- Salt
- Black pepper

1. Drain the peeled tomatoes into a bowl and lightly mash with a fork.
2. Remove the rind from the guanciale and slice it into 2 cm strips.
3. Heat oil in an iron pan and add the guanciale. When it begins to melt, add the chili pepper. Let it brown, and when the guanciale takes on color, deglaze with white wine. Once the wine has evaporated, drain the guanciale and keep it warm.
4. Cook the pasta in plenty of salted water.
5. In the same pan, add the peeled tomatoes, adjust salt, and cook for the pasta's cooking time. Just before draining, add the guanciale back to the sauce.
6. Drain the pasta directly into the sauce, finish cooking, and turn off the heat.
7. Off the heat, add the grated pecorino and season with freshly ground black pepper.



CACIO E PEPE



Though it may seem simple, Cacio e Pepe is one of the most challenging pasta dishes to master. It's also one of the most beloved recipes in the Capital. Its origins lie in the Roman countryside, where shepherds, during their seasonal migrations, carried simple, calorie-dense ingredients like Pecorino cheese, black pepper, and spaghetti. Over time, this dish transitioned from the bags of shepherds to the menus of Roman taverns, becoming a classic. While various pasta shapes have been introduced, spaghetti and tonnarelli remain the favorites of purists. The key to mastering Cacio e Pepe is in the emulsion, where Pecorino cheese, black pepper, and pasta cooking water are carefully balanced to create a creamy, velvety sauce.

INGREDIENTS

- 320 g tonnarelli or spaghetti
- 200 g Pecorino Romano cheese
- 2 tablespoons black peppercorns
- Salt



1. Grate the Pecorino Romano cheese and grind the black peppercorns in a mortar until reduced to a fine powder.
2. Heat water for the pasta and add a pinch of coarse salt. Once boiling, add the spaghetti or tonnarelli.
3. Reserve a ladle of pasta cooking water and add it to the bowl with the Pecorino cheese and ground pepper. Mix vigorously until you achieve a creamy consistency.
4. Drain the pasta and transfer it to the bowl with the cheese mixture. Stir until perfectly emulsified.
5. Serve on plates and sprinkle with additional pepper.



TORTELLINI IN BRODO



Tortellini in Brodo are undoubtedly one of the favorite dishes for both Italians and tourists during cold winter evenings. There are various legends about their origin: some even claim that they were invented by an innkeeper inspired by the beauty of a woman's navel. Traditionally, tortellini are stuffed with a mixture of pork, prosciutto, mortadella, Parmigiano Reggiano, eggs, and spices. They are a true symbol of Italian culinary tradition and are recognized with the PAT label (Traditional Agri-food Product).

INGREDIENTS

· tortellini

for the broth

- 1 kg beef
- 1 whole chicken leg with thigh
- 2 liters of water
- 1 large carrot
- 1 celery stalk with leaves
- 1 small onion
- The white part of a small leek
- 1 tomato
- A bunch of herbs (parsley, bay leaf, thyme)
- A few peppercorns
- 1 clove
- Grated Parmigiano Reggiano for serving
- Salt



1. Peel the onion and cut it into large pieces. Wash and chop a large carrot, add the white part of the leek, tomato, and celery.
2. Place the meat in a large pot and cover it with approximately 3 liters of cold water. Add the vegetables, herbs, clove, peppercorns, and a handful of coarse salt.
3. Bring the water to a boil over medium heat. As soon as it reaches a boil, lower the heat and skim off any foam that rises to the surface using a slotted spoon.
4. Cook on low heat for about 2-3 hours, uncovered, until the broth reduces and becomes more concentrated.
5. Once cooked, strain the broth through a sieve to remove the vegetables, meat, and any impurities. Taste and adjust salt if necessary.
6. Bring the broth to a boil, add salt, and pour in the tortellini.
7. Turn off the heat, let it rest for a minute, and serve immediately with grated Parmigiano Reggiano to taste.



PASTA ALLA NORMA



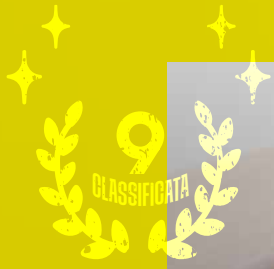
Pasta alla Norma is a symbol of Sicilian cuisine. Its flavor encapsulates the essence of the Mediterranean: it consists of pasta, fried eggplants, tomato sauce, and salted ricotta, coming together in an explosion of tastes and colors. Originating from Catania, it is said that the name "alla Norma" pays homage to the work of Vincenzo Bellini, a great composer from Catania.



INGREDIENTS

- 500 g sedani rigati
- 2 purple eggplants
- 8 ripe tomatoes
- Garlic
- Olive oil
- Basil
- Salted ricotta, to taste
- 320 g rigatoni
- Salt
- Sugar
- Pepper
- Peanut oil (for frying)

1. Cut the tomatoes into small cubes and clean the garlic.
2. Sauté the garlic in a pan with extra virgin olive oil. Add the tomatoes and let them soften for about 20 minutes with basil, salt, pepper, and half a teaspoon of sugar.
3. Remove from heat and pass through a food mill. Return to the heat and allow it to thicken until the desired consistency is reached.
4. Cut the eggplants into medium-sized cubes and fry them in hot peanut oil. Drain well to achieve a dry fry.
5. Cook the pasta and drain it al dente directly into the sauce, adding a ladle of cooking water. Stir in a drizzle of raw olive oil.
6. Serve by adding the eggplants to individual plates with a sprinkle of grated salted ricotta.



PASTA AL PESTO



Pasta with pesto is a masterpiece of Ligurian cuisine, with a recipe that dates back to the second half of the 19th century and is mentioned by the gastronome Giovanni Battista Ratto in La Cuciniera Genovese. Made with basil, pine nuts, garlic, Parmigiano, and Pecorino, this fresh sauce has become a symbol of Italian culinary tradition. The traditional preparation involves grinding the basil by hand in a mortar to create a bright green sauce. Trofie is the ideal pasta for pesto, a traditional shape named after its handmade preparation. The pasta is twisted into small, rolled ribbons that are perfect for capturing and holding onto the sauce.

INGREDIENTS

- 350 g of trofie pasta
- 30 g of grated Parmigiano Reggiano
- 20 g of grated Pecorino Sardo
- 12 g of pine nuts
- 25 fresh basil leaves
- 1 garlic clove
- Extra-virgin olive oil as needed
- Coarse salt to taste



- 1.** To make the pesto, blend basil, garlic, Parmesan, Pecorino, olive oil, pine nuts, and a pinch of salt until you achieve a smooth, aromatic cream.
- 2.** Cook the pasta, drain and remove from the heat, then add the pesto.
- 3.** Serve with more grated cheese.



ORECCHIETTE ALLE CIME DI RAPA



Orecchiette with cime di rapa is a signature dish of Apulian tradition, with origins dating back to the Middle Ages when this distinctive pasta was made in the rural areas of the region. The shape of orecchiette, designed to hold sauces, may have French or Jewish roots, but it is in Puglia that it found its greatest expression. With the addition of broccoli rabe, garlic, oil, and anchovies, this dish brings the authentic flavors of southern Italy to the table, rich in history and tradition.

INGREDIENTS

- 1 kg cime di rapa
- 600 g orecchiette
- 8-10 anchovy filets in oil
- 2 garlic cloves
- 1 fresh chili pepper
- Breadcrumbs or crumbled bread (optional)
- Extra virgin olive oil
- Salt



- 1.** Wash, clean, and chop the cime di rapa. Set a pot of salted water to boil.
- 2.** In a pan, sauté the garlic cloves, chopped chili pepper, and anchovy filets in olive oil.
- 3.** Cook the broccoli rabe together with the orecchiette in the boiling water. Once cooked, drain and add to the sauté, along with a ladle of cooking water.
- 4.** In a small pan, toast the breadcrumbs with a drizzle of olive oil until golden.
- 5.** Stir the pasta in the pan with a little olive oil, then serve topped with the toasted breadcrumbs.





qualità, gusto e piacere

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