

**LUISA & RICCARDO
INVERSI**

BRUCE MCMICHAEL

THE SECRETS OF FRESH PASTA

TRADITIONAL TREASURES OF PIEDMONT

PASTA PIEMONTE EDITIONS



Biography



Luisa and Riccardo are the founders of Pasta Piemonte, an artisanal company specializing in the production of fresh pasta in Menton. Their passion for Piedmontese cuisine and their dedication to craftsmanship have made their shop an essential reference in the region.

Settled in August 2013 in Menton, Luisa Inversi, accompanied by her son Riccardo, decided to highlight the best of fresh pasta craftsmanship by creating Pasta Piemonte. From the beginning, their objective was clear: to combine traditional know-how with the quality of local products from the Côte d'Azur.

Riccardo, Master Pastry Chef, is in charge of making the pasta, while Luisa mainly takes care of management.

Their flagship specialty, Menton lemon ravioli, is the result of numerous experiments and has contributed to their reputation.

In addition to ravioli, Pasta Piemonte offers a variety of fresh pasta, gnocchi, and other Piedmontese delicatessen specialties.

www.pastapiemonte.com

Bruce is a food and travel writer based in the UK and has a special interest in citrus fruits and, in particular, lemons. A regular visitor to Menton for the annual Fête du Citron, Bruce has a special affection for the local lemons and the French Riviera.

Based in the UK, he has written two books about the food business and published regional food magazines. He has also won an episode of the TV cooking show 'Gordon Ramsay's Culinary Genius'. Bruce publishes a weekly newsletter called The Lemon Grove. It includes recipes and stories about food and drink but mainly celebrates the amazing world of lemons, oranges, and the many other delicious citrus fruits from around the world.

On a visit to Menton for the Fête du Citron, Bruce visited Luisa and Riccardo at their popular shop, Pasta Piemonte and fell in love with their lemon ravioli and enthusiasm for making great food using local ingredients. Bruce first discovered Pasta Piemonte through Instagram and has since visited many times and always enjoys tasting a fresh batch of the delicious lemon ravioli.

www.thelemongrove.net

TRATTATO
DI
CUCINA
PASTICCERIA MODERNA
CREDENZA
e relativa Confettureria

DI
VIALARDI GIOVANNI
AIUTANTE CAPO-CUOCO E PASTICCIERE
delle LL. MM.
CARLO ALBERTO di GI. M.
e VITTORIO EMANUELE II
RE DI SARDEGNA.

Basato sopra un metodo economico, semplice, signorile,
e borghese, diviso in articoli contenenti circa n. 2000

Piedmont... the cradle of good food

We have a duty to celebrate one of the greatest Piedmontese chefs:

John Vialardi (1804-1872)

Known for his service to the Royal House of Savoy, Vialardi began his career at age 20 as kitchen assistant to Prince Charles Albert, who would later become King of Sardinia. Vialardi rose through the ranks to become head chef and head pastry chef, a position he held until 1853. A year later, he published his major work:

TRATTATO DI CUCINA - PASTICCERIA MODERNA- CONFETTURERIA

Containing 2,000 recipes, it is a remarkable book for several reasons:

- **This is one of the first cookbooks to use the decimal metric system for measurements, making it easier to keep recipes accurate.**
- The book includes 300 drawings by Vialardi himself, illustrating kitchen tools and sumptuous dishes prepared for the royal table.
- The recipes cover a wide range of dishes, including Piedmontese, Aosta Valley, Niçoise, Genoese and Sardinian specialties.

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*Bon
Appetit!*

History of Fresh Piedmontese Pasta

The tradition of fresh pasta in Piedmont has deep roots that go back centuries. This region, located in the northwest of Italy, is famous for its rich and varied cuisine, influenced by its mountains, hills and fertile plains.

The first mentions of fresh pasta in Piedmont date back to the 15th century. Tajarin, one of the most iconic pastas of the region, was born in the kitchens of the farms of the Langhe and Monferrato.

This egg pasta, characterized by an intense yellow color due to the abundance of egg yolks, was initially reserved for feast days and special occasions due to the number of eggs needed for its preparation.

Fresh pasta is not just food but a central element of Piedmontese popular traditions. Preparing large quantities of fresh pasta for family meals is common during holidays, such as Easter.

In this little “compendium”, we wanted to celebrate traditional craftsmanship as we practice it every day with love in our pasta-making workshop in the heart of Menton.



1st PRIZE “STUFFED PASTA” for Riccardo Inversi with LEMON RAVIOLI FROM MENTON Marseille JANUARY 2024 - “PASTA IN SUD” Competition

THE INGREDIENTS

Soft wheat flour or durum wheat semolina?

Soft Wheat Flour Type 00 or T45

Use: Ideal for egg pasta such as tjarin and stuffed pasta. **Characteristics:** This flour is very fine and has a low gluten content, which allows for a smooth dough. It is perfect for doughs that need to be stretched very thinly and that require good elasticity to coat the stuffing.

Durum Wheat Flour or “Semolina”

Use: Used for more rustic and consistent doughs but not recommended for working by hand. **Characteristics:** It has a higher gluten content than soft wheat flour, giving the dough greater tenacity and resistance to cooking. It is used for making dry pasta and gnocchi.

TIPS: Semolina is also ideal for making a crispy bread coating for frying!

Our 100% Italian and organic durum wheat semolina is milled at MULINO MARINO in Piedmont - millers since 1956.



The Eggs

Fresh pasta is not just a food, but a central element of Piedmontese popular tradition and culture. During holidays, such as Easter, preparing large quantities of fresh pasta for family meals is common. A particular tradition is the **“Cantè j’euiv”**

(SINGING THE EGGS)

an Easter quest during which the young people of the village go from farm to farm to collect food, eggs and wine needed to organize the Easter meal. This custom, which combines a passion for popular music and good food, is an example of the integration of fresh pasta into local celebrations and traditions.

TIPS: The quality of the eggs greatly influences the texture and taste of fresh pasta: fresh, good quality eggs guarantee a smooth and tasty dough.

For successful homemade fresh pasta, it is recommended to use free-range eggs, which are richer in nutrients and offer a more pronounced taste.





THE TOOLS

Manual Pasta Machines

As a young girl, Luisa's grandmother delighted in showing her how to work the small rolling mill that fixes onto the tabletop. For our WORKSHOPS in Menton, we use the timeless IMPERIA rolling mills! Here is the process. First, roll out the dough before dividing it into smaller portions. Then, using the pasta machine, roll it out, starting with a generous thickness and gradually reducing it.

CONSISTENCY Continue rolling out until you get the desired consistency for the type of pasta you want to prepare (tagliatelle, lasagna, ravioli).

CUTTING & FORMATS: Once the dough is rolled out, you can cut it into the desired formats.

DRYING: If you are not cooking the pasta immediately, let it dry on a clean cloth or on a pasta drying rack to prevent sticking.

By following these steps, you will be able to prepare delicious fresh homemade egg pasta.

Have fun in the kitchen and get your kids involved!

MANUFACTURING TECHNIQUES

Preparation of fresh egg dough:

This is an ideal base for preparing and making fresh pasta sheets and shapes such as ravioli, lasagna and cannelloni.

Preparation of the dough:

- Pour the flour onto a wooden board (preferably) and create a well in the center.
- Break the eggs into the well and start mixing with a fork, gradually incorporating the flour.
- When the dough begins to form, knead it with your hands for about 10 minutes until you get a smooth and elastic consistency.

Resting the dough:

Wrap the dough in plastic wrap and let it rest at room temperature for 30 minutes. This allows the gluten to relax and makes the dough easier to roll out.



Preparation :

15 Minutes



Rest :

30 Minutes

A close-up photograph of a person's hands, wearing a white chef's coat, holding a bundle of long, thin, yellow pasta strands. The pasta is being held between the fingers, and the background is slightly blurred, showing more of the chef's hands and the pasta. The text is overlaid on the image in a red, hand-drawn style font.

SPECIALTIES

TAJARIN

RAVIOLI
"DEL PLIN"

AGNOLOTTI

TAJARIN



Tajarin is a fresh egg pasta typical of Piedmont. These pasta are distinguished by their thin and narrow shape, similar to tagliatelle but even thinner, and by their intense yellow colour due to the abundant use of egg yolks.

The first mentions of tajarin date back to the 15th century. Originally, they were prepared in the farmhouse kitchens of the Langhe and Monferrato regions of Piedmont and were particularly enjoyed on feast days due to the richness of the ingredients. Its name "TAJARIN" derives from the verb "COUPER" (to cut) in the local Piedmontese dialect.

Tajarin are known for their soft and delicate texture, which almost melts in the mouth. The preparation is strictly manual, without the use of water or egg white, which makes the dough particularly elastic.

Over the centuries, the tajarin spread throughout Piedmont and became famous thanks to illustrious admirers such as King Vittorio Emanuele II.

On page: 14 you will find the recipe for tajarin created by Chef Maurizio Olmo of the Restaurant "MIRALANGHE" in Guarene d'Alba.



Cooking time

2 Minutes

AGNOLOTTI



WHY “AGNOLOTTI”?

Agnolotti are a typical speciality rooted in the areas of Monferrato, Asti and Alessandria of Piedmont. There are several stories about the origin of the name “agnolotti”. According to popular tradition, it derives from a chef known as Angelòt. He was a cook from Monferrato who developed the original recipe, many, many years ago. Another theory suggests that the name derives from anulòt, the iron used to make this type of pasta, and another that they were often eaten with lamb at the Easter meal.

The first to report the recipe for “agnellotti alla piemontese” was chef Vincenzo Agnoletti reported in 1814 in “La Nuova Cucina Economica”.

The traditional shape of agnolotti is square, with the filling wrapped in two sheets of egg dough. The filling is often made with roasted meat and cured meats, but recipes vary considerably.

In some areas of Canavese and the Aosta Valley, the filling can be made with fontina (cheese). Across the province of Asti, notably in the village of Calliano, you can find agnolotti made with donkey meat!

We love AGNOLOTTI, (that Luisa started making when she was little with her grandmother), but for our Boutique (physical and online) we preferred to call them: PIEMONTAIS RAVIOLI in honor of its origins!



Cooking Time

3/4 Minutes

RAVIOLI *del* "PLIN"



Ravioli "del plin" are a speciality made with fresh egg dough stuffed with meat and/or vegetables. The term "plin" means "pinching" in Piedmontese dialect and refers to the gesture of pinching the dough with the fingers to close the filling between each ravioli.

Ravioli del plin were born in the territory of Langhe, Monferrato and Roero in the 20th century as a variant of the classic square ravioli.

This recipe was born to reuse leftover meats at a time when nothing was wasted. Ravioli del plin are smaller than classic ravioli and traditional agnolotti. The traditional stuffing is made up of a mixture of braised meats (veal, pork and rabbit) with its "soffrito" vegetables, sometimes enriched with spinach, but the classics of the Langhe are pure meat.

Ravioli "del plin" can be seasoned with the sauce of the meats cooked with vegetables, butter and sage, or with melted butter and grated white truffle, a typical product of the Alba area.

For the preparation, you need a thin sheet of egg pasta (recipe page 8) on which you spread small hazelnuts of stuffing.

The sheet is folded, and the typical "plin" is printed, which seals the dough by forming small pockets.



Cooking Time

4 Minutes

The 7 secrets of cooking Pasta & Ravioli

1. Use plenty of water:

- For every 100 grams of pasta, use at least 1 liter of water. This allows the pasta to cook evenly without sticking.

2. Salt at the right time:

- Add salt (about 10 grams per liter of water) only when the water starts to boil. This helps keep the water temperature high.

3. Do not rinse the pasta:

- After draining the pasta, do not rinse it. Rinsing the pasta removes the starch that helps bind the pasta to the sauce.

4. Cooking the Ravioli:

- For fresh ravioli, gently dip them in boiling salted water. Cook until they rise to the surface, usually 3/4 minutes.

5. Cooking frozen pasta or ravioli:

- Do not defrost the ravioli before cooking. Plunge them directly into boiling water and cook for 4-5 minutes, until they rise to the surface.

6. Stir the Pasta:

- Stir the pasta immediately after adding it to the boiling water to prevent it from sticking. Continue to stir occasionally as it cooks.

7. Taste for perfect cooking:

- Start tasting the pasta a few minutes before the cooking time. The pasta should be al dente, which is tender but with a slight resistance to the bite.



EASY TO REMEMBER TIPS: 1/10/100 = 1 LITER OF WATER WITH 10 GRAMS OF SALT FOR EVERY 100 GRAMS OF PASTA!!!



TRADITIONAL SAUCES

Piedmontese cuisine is renowned for its richness and variety, and fresh pasta is one of its most representative elements. Among the most famous formats are tjarin and agnolotti, two types of egg pasta that stand out for their delicacy and unique flavor.

Traditionally, in Piedmont, tjarin are seasoned with:

- **Butter and Sage:** A simple but delicious seasoning, where melted butter and fresh sage enhance the flavor of the pasta.
- **Ragù with Meat:** A rich and tasty sauce, prepared with beef and pork, perfect for wrapping the tjarin in a shell of flavor.
- **White truffle from Alba:** only in autumn and winter this tuber desired by the whole world brings joy to Piedmontese tables finely grated.

For stuffed pasta (ravioli): they can be stuffed with different types of meat or vegetables and are often served with:

- **Roast Jus:** A seasoning obtained from the cooking juices of roast meat, which gives the agnolotti an intense and enveloping flavor.
- **Butter and Sage:** As with tjarin, ravioli can also be seasoned with melted butter and sage, for a simple but refined dish.
- **Meat Ragù:** A meat sauce that further enriches the ravioli filling, creating an explosion of flavors.



FOOD AND WINE PAIRING



Piedmont is a region renowned not only for its breathtaking landscapes, but also for its rich culinary and wine tradition. Piedmontese fresh pasta, such as tajarin and agnolotti, pair beautifully with local wines, creating a unique gastronomic experience.

Tajarin and White Wines

Tajarin are often served with rich butter sauces and white truffle. To enhance these flavors, a white wine like Arneis AOCG is ideal. This wine, with its fresh and fruity notes, perfectly balances the richness of the dish.

Ravioli and Red Wines

Agnolotti, stuffed with meat or vegetables, are another mainstay of Piedmontese cuisine. They pair wonderfully with robust red wines like Barolo or Barbera. Barolo, with its structured tannins and notes of red fruits and spices, enhances the complexity of the meat ravioli filling.

The pairing of fresh pasta and wines is not only a question of gastronomic pairings, but also represents a deep connection with the traditions and culture of the region.



TAJARIN DEL “ROERO” with Piedmont Hazelnuts

Ingredients:

- ✓ • **Piedmontese tjarin with eggs:**
150 g per portion
- ✓ • **For the sauce:**
 - Creme fraiche
 - Roasted hazelnuts finely chopped
 - Butternut Squash
 - Salt



Restaurant
“Miralanghe”
Guarene d’Alba
Chef: Maurizio Olmo

Preparation:

Dip the "Tjarin" in boiling salted water for 2 minutes. Meanwhile, prepare the sauce. In a frying pan, combine liquid cream and finely chopped toasted hazelnuts (Tonda Gentile delle Langhe trilobata). Add a knob of butter and salt to taste, then heat over low heat.

Add the drained "Tjarin" to the sauce and simmer for 1 minute.

Chef's tip: To fully enjoy the ingredients in this recipe, avoid adding parmesan.

Enjoy your meal with the flavor of Piedmont!



THE BENEFITS OF FRESH PASTA

Nutritional Value of Fresh Artisan Pasta in the Mediterranean Diet

Fresh artisan pasta is a staple in the Mediterranean diet, known for its many health benefits. This diet is characterized by a high consumption of vegetables, fruits, whole grains, legumes and olive oil, with moderate consumption of fish, poultry and dairy products, and limited consumption of red meat.

Nutritional Benefits in the Mediterranean Diet:

- **Sustainable Energy Source:** Fresh dough, rich in complex carbohydrates, provides slow-release energy, essential to support daily activities².
- **Quality Protein:** The proteins present help in building and repairing body tissues.
- **Low in Fat:** The low fat content, especially saturated fat, makes it suitable for a balanced diet.
- **Mineral Richness:** Potassium and sodium play crucial roles in regulating bodily functions, including fluid balance and nerve function.
- **Moderate Glycemic Index:** Fresh pasta has a moderate glycemic index, which helps maintain stable blood sugar levels.



To maximize the nutritional benefits of fresh artisan pasta as part of the Mediterranean diet, it is recommended to:

- Serve with fresh vegetables and legumes.
- Use lean protein sources like fish or chicken.
- Avoid sauces high in fat and salt to maintain optimal nutritional balance.

**THE MEDITERRANEAN DIET IS INTANGIBLE CULTURAL HERITAGE OF HUMANITY
BY UNESCO**

4 FAQs about Fresh Pasta



- **Question: What is the ideal ratio of flour to eggs for fresh egg pasta?** Answer: The classic ratio is 100 grams of flour for each egg. This may vary slightly depending on the type of flour used and the humidity of the environment. In Piedmont, the specifications of Artisanal Excellence require a minimum of 4 eggs per kg of flour to call them “Pates Fraiches” in the trade.
- **Question: What are the advantages of using durum wheat semolina in fresh pasta?** Answer: Durum wheat semolina gives pasta a rougher texture, which holds sauces better, and a better cooking resistance compared to soft wheat flour, but it is difficult to work by hand.
- **Question: How do I prevent fresh pasta from sticking while rolling out?** Answer: It is important to lightly flour both the work surface and the roller of the pasta machine. Also, letting the dough rest covered for at least 30 minutes helps relax the gluten and makes the pasta easier to roll out.
- **Question: What is the best method to store fresh artisan pasta?** Answer: Fresh pasta can be stored in the refrigerator for 2/3 days, wrapped in a cardboard tray or in an airtight container. For longer storage, it is possible to freeze it by placing it on a floured tray and then transferring it to freezer bags once frozen.

REFERENCES ...to find out more...

Discover the magic links to the documents/texts used for this project.
They are mainly in Italian, but with a little help from an online translator, you will be on familiar ground!

01

Treatise on cooking, modern pastry, sideboard and related confectionery - publication:1854 Author: Giovanni Vialardi

02

Traité de Cuisine: "Piedmontese Chef Perfected in Paris" - Publication: 1766
Author: Unknown

03

Specifications of Piedmontese Artisanal Excellence for fresh pasta

04

Our profile about the Culinary College of France... since 2018





*They are joining us on
this project:*



le Collège
Culinaire
de France

Menton
Riviera
Merveilles



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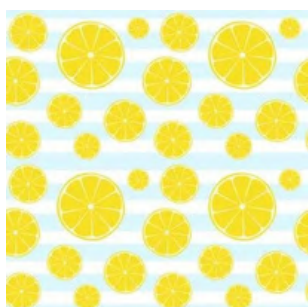


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