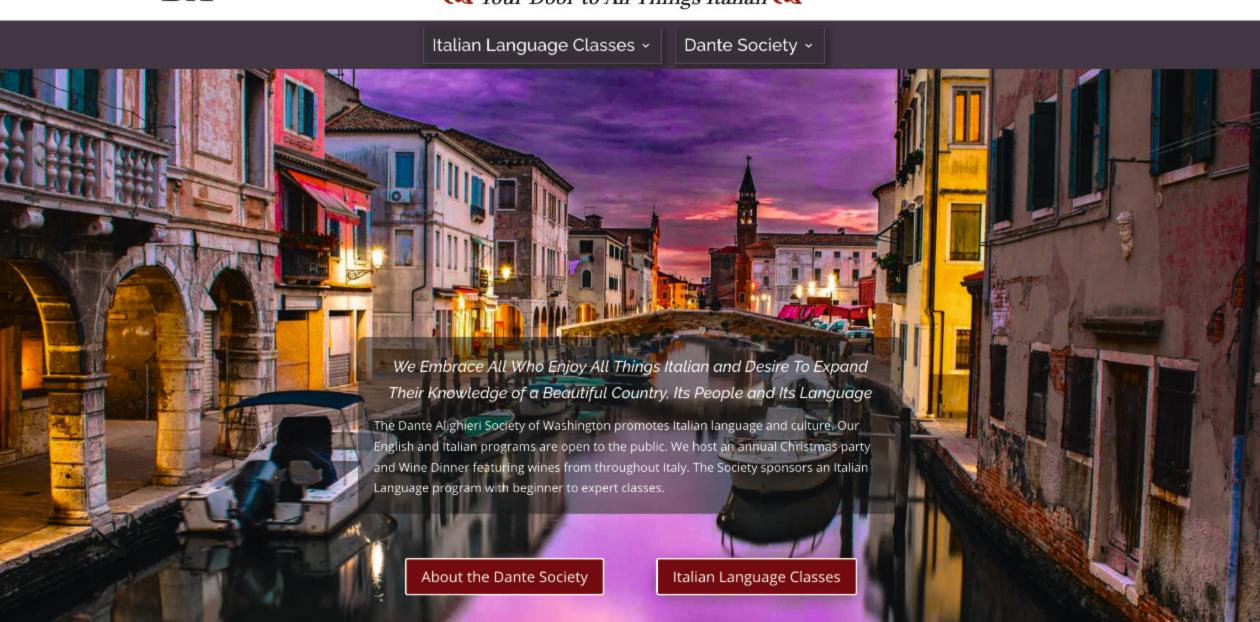


## Dante Alighieri Society of Washington

📿 Your Door to All Things Italian 📿



Good evening to everybody. My name is Domenico Minotti and I want to welcome you to the first English program of our new season for Dante.

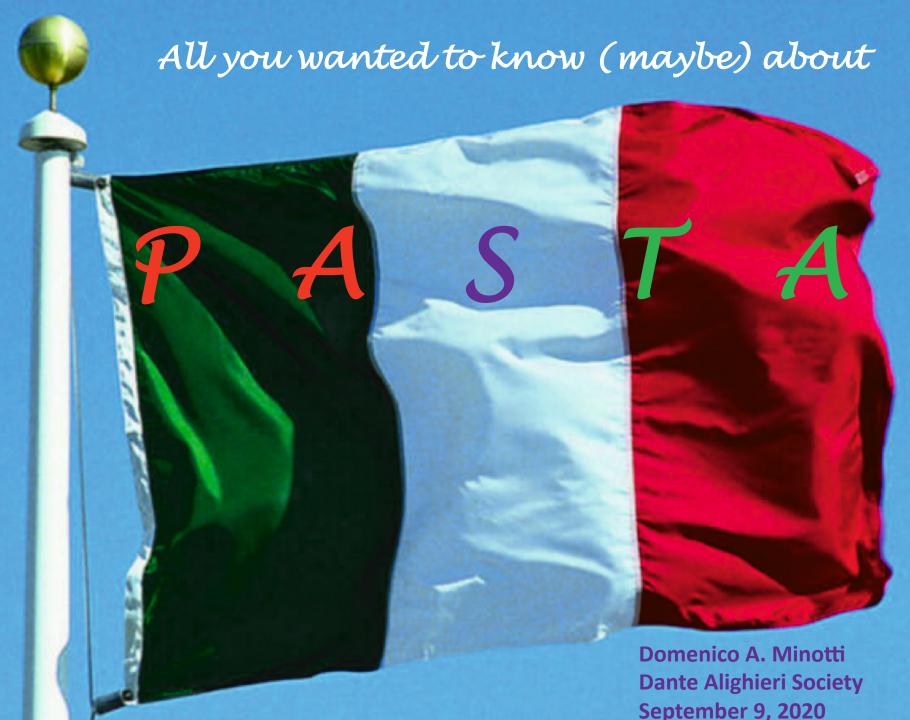
We've kept the topic a secret, advertising only that it would be about a staple of the Italian diet and if you look closely at the map of Italy on our first slide, you can probably figure out that it is going to be about - pasta!

One of the really nice features about zoom is that people can join the room from anywhere in the world and I have invited some family members and friends from all over the US and Italy to join in as my claque. And then I thought, maybe I can extend this invitation even farther than this world and reach into the spirit world, so why not invite the shade of our eponymous patron, Dante himself, to participate. He said he would be delighted to join us.

Dante did say he was a little concerned about Covid but I reassured him that if he were to maintain social distancing (easy to do given his location) and wear protective equipment he should be fine and he agreed to do that. So welcome to Dante and welcome to all of you.









Nearly every country has its own unique version of this staple.

really every country has its own unique version of this staple.



spätzle

In Germany and Hungary they have spätzle.

In Greece, orzo



In Poland, pocket-like pierogi.



pierogi

Ashkenazi Jewish families make kreplach dumplings.

And, of course, wontons.





kreplach

Durum wheat also called pasta wheat or macaroni wheat is the second most cultivated species of wheat after <u>common wheat</u>, although it represents only 5% to 8% of global wheat production.

It was developed by <u>artificial selection</u> of the domesticated <u>emmer</u> wheat strains formerly grown in Central Europe and the <u>Near East</u> around 7000 BC.

Like emmer, durum wheat is <u>awned</u> (with bristles). It is the predominant wheat grown in the Middle East.



Common wheat

Durum wheat



Durum wheat = pasta wheat = macaroni wheat artificial selection of the domesticated <u>emmer</u> wheat strains formerly grown in Central Europe and the <u>Near East</u> around 7000 BC.

Emmer and durum wheat are <u>awned</u> (with bristles). Still the predominant wheat grown in the Middle East.



Common wheat

Durum wheat



Pasta – a starchy noodle or dumpling ("pasta" = "paste") made from grain flour - wheat.

Mixed into a paste or dough with water and eggs. Traditionally, pasta dough prepared in <u>Southern Italy</u> used <u>semolina</u> and water; in the <u>northern regions</u>, where semolina was not available, flour and eggs were used.

In modern Italy, the only type of wheat allowed for commercial pasta is durum wheat.

Formed or cut into sheets and other shapes and cooked by boiling, frying or baking.

Flours from rice, lentils, beans are gluten free alternatives.

Unleavened dough + ground durum wheat and water or eggs, are all simple components that have been around for centuries.

The use of durum wheat sets pasta apart from other forms of noodles.

Durum (hard) wheat has high gluten content and low moisture making it perfectly suited to pasta production. When durum wheat pasta is dried, it lasts indefinitely, making it a very convenient food to store. Over time, because of pasta's affordability, shelf life, and versatility, it became firmly rooted in Italian culture.

Much of the wheat used in Italy comes from US and Canada!

The first certain record of noodles cooked by boiling is in the Jerusalem Talmud, references written in Aramaic in the 5th century AD. The Talmud includes a discussion on whether or not boiled dough should be considered unleavened bread under Jewish law.

The word used for the noodles was *itriyah*. In Arabic this word stands for the dried noodles purchased from a vendor, rather than homemade noodles which would have been fresh.

Dried noodles are portable, while fresh must be eaten immediately.

More than likely, pasta was introduced during the Arab conquests of Sicily, carried in as a dry staple. (827-1061)

The Arab geographer, Al Idrisi wrote that a flour-based product in the shape of strings was produced in Palermo, then an Arab colony. The first historical references to dried pasta made in proportions large enough to be offered for sale are found in the city of Palermo.

In 1st century AD writings of <u>Horace</u>, <u>lagana</u> (singular: <u>laganum</u>) were fine sheets of fried dough and were an everyday foodstuff.

In the 2nd century <u>Athenaeus of Naucratis</u> provides a recipe for *lagana*: sheets of dough of wheat flour and the juice of crushed lettuce, flavoured with spices and deep-fried.

An early 5th century cookbook describes a dish called *lagana* that consisted of layers of dough with meat stuffing, an ancestor of modern-day *lasagna*.

However, the method of cooking these sheets of dough does not correspond to our modern definition of either a fresh or dry pasta product, which only had similar basic ingredients and perhaps the shape.

The first concrete information concerning pasta products in Italy dates from the 13th or 14th century.

The legend of Marco Polo importing pasta from China has been debunked. It originated with the Macaroni Journal, in the 1920s or 30s, in an advertisement for a Canadian spaghetti company, with the goal of promoting pasta in the United States

The Chinese are known to have been eating a "noodle-like food" as early as 3000 BC. Marco Polo describes a starchy product made from breadfruit - hardly durum wheat.

The first mention of a pasta recipe is in the book "De arte Coquinaria per Vermicelli e Maccaroni Siciliani" (The Art of Cooking Sicilian Macaroni and Vermicelli) by **Martino de Rossi,** an Italian 15th-century culinary expert, called the prince of cooks, the Western world's first <u>celebrity chef</u>.

He made his career in Italy and was the chef at the Roman palazzo of the papal chamberlain ("camerlengo"), the <u>Patriarch of Aquileia</u>. His book *Libro de Arte Coquinaria* (*The Art of Cooking*) (c. 1465) is considered a landmark in Italian gastronomic literature and a historical record of the transition from medieval to renaissance cuisine.

Some historians think the Sicilian word "maccaruni" which translates as "made into a dough by force" is the origin of our word, macaroni. Anyone who has kneaded durum wheat knows that force is necessary.

In the ancient methods of making pasta, force meant kneading the dough with the feet, often a process that took a full day. Ancient Sicilian lasagna dishes, some still eaten in Sicily today, included raisins and spices brought by the Arab invaders, another indication that the Arabs introduced pasta.

Whether the Arabs sauced pasta is questionable, and the array of sauces may be an Italian invention. What is certain is that the climate of Italy was perfect for growing durum wheat, a hard wheat from which we get semolina, and the availability of the wheat ensured its popularity. Soft wheat can be used for fresh pasta, but semolina is used for dried pasta.

The dish probably took hold in Italy as a result of extensive Mediterranean trading in the Middle Ages.

From the 13th century, references to pasta dishes—macaroni, ravioli, gnocchi, vermicelli—crop up with increasing frequency across the Italian peninsula. [20]

In the 14th-century writer Boccaccio's collection of earthy tales, *The Decameron*, he recounts a mouthwatering fantasy concerning a mountain of Parmesan cheese down which pasta chefs roll macaroni and ravioli to gluttons waiting below. [20]

In the 14th and 15th centuries, dried pasta became popular for its easy storage. This allowed people to store pasta on ships when exploring the New World. [21] A century later, pasta was present around the globe during the voyages of discovery. [22]

Early Spanish settlers were among the first to bring pasta to America. Thomas Jefferson helped give pasta an initial push into popularity. During an extended stay in Paris from 1784-1789, Jefferson ate what he called macaroni back then, the word could have referred to any shape of pasta. He enjoyed the dish so much that he returned to America with two cases in tow. When his supply ran out, he sent for reinforcements via a friend from Naples.

Dried pasta became popular through the 14th and 15th Centuries, as it could be easily stored on ships, among them ones setting out to explore the New World. Various types of pasta, including long hollow tubes, are mentioned in the 15th Century records of Italian and Dominican monasteries.

By the 17th Century, pasta had become part of the daily diet throughout Italy because it was economical, readily available and versatile.

Tomatoes were introduced to Italy in the 16th century (from the New World) and incorporated in Italian cuisine in the 17th century.

The first Italian tomato sauces date from the late 18th century: the first written record of pasta with tomato sauce can be found in the 1790 cookbook *L'Apicio*Moderno by Roman chef Francesco Leonardi.

Before tomato sauce was introduced, pasta was eaten dry with the fingers; the liquid sauce demanded the use of a fork.

The warm Mediterranean climate of Italy is suited to growing fresh vegetables and herbs, which meant that Italians could get creative with a delicious variety of pasta sauces.

Tomato-based sauces emerged as a favorite complement to pasta, and tomatoes remain the most popular ingredient in pasta sauce today.













Nutrition facts: cooked pasta is mostly carbohydrates (starch), with 6% protein, low in fat, moderate manganese, and low micronutrients

## Three main kinds of dishes:

Pasta asciutta – cooked and served with a side sauce or condiment

Pasta in brodo – smaller shapes used in soups

Pasta al forno – baked in an oven

Pasta secca – dried, most commercially via extrusion

Pasta fresca – traditionally made by hand or with machines

Both pasta secca and fresca come in many shapes and varieties

Long and short shapes, tubes, flat shapes or sheets, miniature shapes for soups

Others meant to be stuffed

and specialty or decorative shapes



310 specific forms

1300 documented names

which vary by locale

**Spaghetti** is a long, thin, solid, cylindrical noodle pasta. Spaghettini is thinner.

Capellini ("little hairs") is a very thin rod-shaped, in the form of long strands.

Capelli d'angelo (angel hair) is thinner still.

Spaghetti alla chitarra, egg pasta typical of Abruzzo. Tonnarelli are a similar pasta from Lazio.

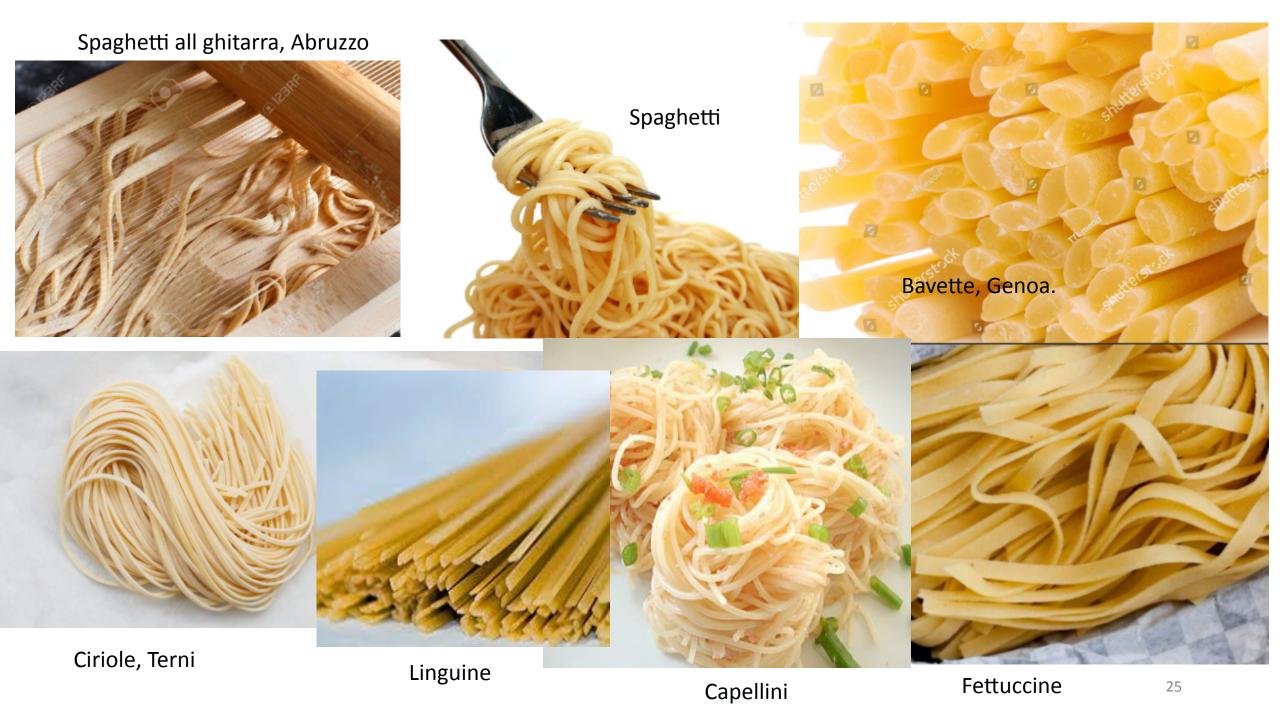
Ciriole is the thicker version of chitarra, approximately double the thickness of spaghetti.

**Bavette** is a ribbon noodle, similar to spaghetti, that has a flat section and a slightly convex shape. Genoa.

**Ciriole** is similar but square cut. Terni.

**Fettuccine** (small ribbons). **Linguine** is a type of pasta similar to fettuccine and trenette but elliptical in section rather than flat.

**Linguine** is about 4 millimetres in width, which is wider than spaghetti but not as wide as fettuccine.



Spiral-shaped <u>pastas</u> are fairly similar to each other and give dishes such as pasta salad an interesting texture

**Rotini** is similar to **fusilli**, just slightly smaller and more tightly wound. The key to distinguishing the two is to remember that fusilli is made of strands of pasta twisted into little spring-like shapes, while rotini is typically extruded into a twisted shape.

**Eliche**, screws or propellers, similar to fusilli but fusilli open out while eliche remain more solid (Interchangeable depending on region)

**Gemelli** (twins)is double-twisted like a helix. Their convenient shape holds bits of meat, vegetables, and cheese well and pairs with any sauce, but pesto, tomato, and shellfish sauces may work best. These pastas can also be broken in half for soups, added to salads, or baked in casseroles

Spiral-shaped <u>pastas</u> **Rotini** extruded



Eliche, screws or propellers, tighter

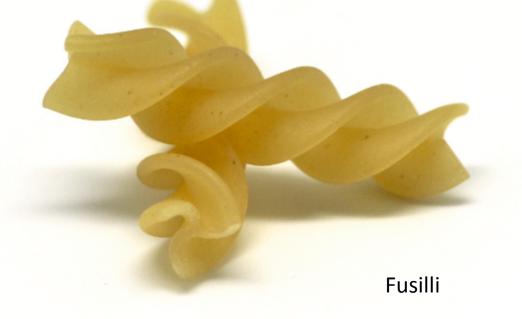


**Fusilli** twisted



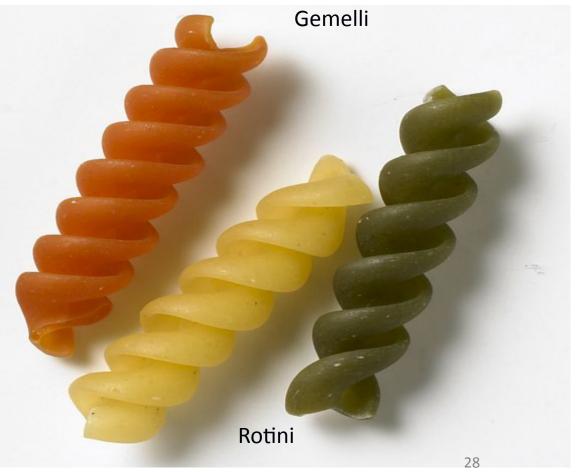
**Gemelli** (twins)is doubletwisted like a helix











Eliche

Farfalle are a type of pasta commonly known as bow-tie pasta or butterfly pasta.

A larger variation of farfalle is known as **farfalloni**, while the miniature version is called **farfalline**.

**Strichetti**, often mistaken with *Farfalle*, is a bow-tie shaped kind of pasta, very typical for the Emilia-Romagna region. (Modena)





Strichetti



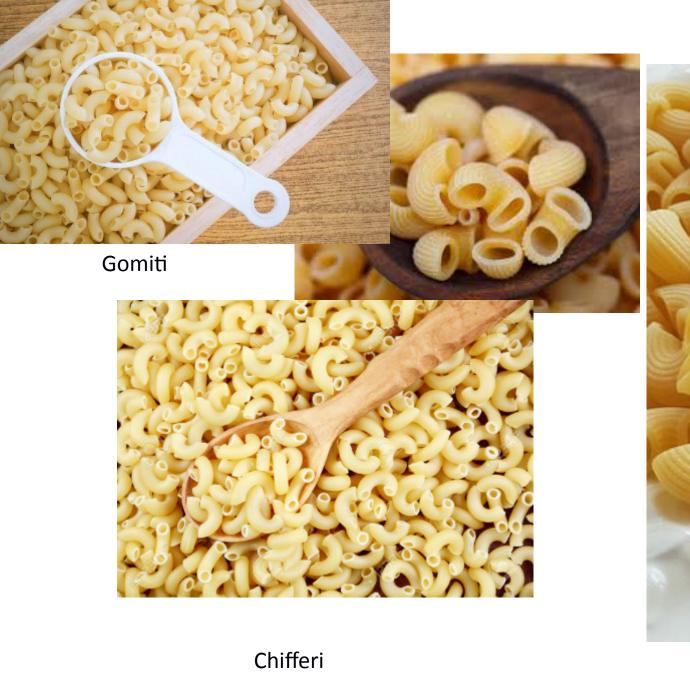


Farfalloni pot holders!

**Chifferi** is a short and chunky tubular variety of Italian pasta typically used in soups such as *minestrone*.

A subvariety of chifferi called *chifferi rigati*, is also tubular, but bent, so it is often paired with simple light sauces or cheese-based condiments.

**Gomiti** (elbows) are similar (or the same) with one end pinched to help hold sauces





Chifferi rigati

**Lumache** is named after a snail and has a cool shape with a pinched end which helps trap sauce in the main part of the shell.

It comes in sizes ranging from tiny snails to the Brazilian rain-forest man-eating monster jumbo **lumaconi** size.

Originally, they are from the Piedmont region bordering France. The love of snails is a francophone influence, (or people starving in that area weren't picky back in the day).

**Conchiglie**, "shells" or "seashells", whose shell shape allows the sauce to adhere to it.



**Penne** (feather, quill, pen) is an <u>extruded</u> type of <u>pasta</u> with <u>cylinder</u>-shaped pieces, their ends cut at a bias to imitate the then-ubiquitous fountain pen's steel <u>nibs</u>.

Penne are one of the few pasta shapes with a certain date of birth: in 1865, Giovanni Battista Capurro, a pasta maker from San Martino d'Albaro (<u>Genoa</u>), obtained a patent for a diagonal cutting machine. His invention cut the fresh pasta into a pen shape without crushing it, in a size varying between 3 cm (1 in) *mezze penne* (half pens) and 5 cm (2 in) *penne* (pens). [

**Mostaccioli** (mustache), known in Italy as "penne lisce," are a specialty of the Campania Region (Naples, Capri, and Sorrento). Unlike penne, which are ridged, mostaccioli are smooth (lisce) in texture.

**Ziti** (Naples), from the southern dialect word "ziti," which means "engaged to be married." This pasta once upon a time was served exclusively during the celebration of marriages. Now often used in baked macaroni dishes (ziti al forno) in Italian American recipes. Ziti is an extruded pasta similar to penne, but often has ends cut in a straight line versus diagonally. Ziti may have smooth sides; rigati denotes lines or ridges on the pasta's outer surface.

**Rigatoni** are a form of tube-shaped pasta of varying lengths and diameters. They are larger than penne and ziti, and sometimes slightly curved, though not as curved as elbow macaroni.



ziti

**Rotelle** "little wheels" is a type of pasta resembling wheels with spokes. In Italy they are also called "ruote", and in the US they are usually called "wagon wheels".

**Fiori** "flowers" is a decorative shape of extruded pasta similar to rotelle **Radiatori or Armoniche** reflect modern mechanical engineering or a musical instrument.



Garganelli (Emilia-Romagna) are a type of egg-based pasta formed by rolling a flat, square noodle into a cylindrical shape.

They can be made from smooth pasta or a ridged variant.





a garganella





Garganelli sul pettine



Orecchiette are a pasta typical of Apulia.

Their name comes from their shape, which resembles a small ear.

Chewy texture often served with broccoli sauces.



**Mafalde**: Naples, is a ribbon-shaped pasta about 1 cm in width, with wavy edges on both sides. It is usually served with a delicate sauce

Mafaldine (little mafalde),
Reginette (little queens), and it has been named after the princess Mafalda di Savoia (1902-1944).





Mafalde alla carbonara

**Cannelloni** (large reeds) are a cylindrical type of lasagna generally served baked with a filling and covered by a sauce in Italian cuisine. Popular stuffings include spinach and ricotta or minced beef. Cannelloni usually is stuffed with meat and/or vegetables (spinach, ricotta) and often topped with Bechamel or tomato sauce.

**Manicotti** (cooked hands) is the Italian-American version of cannelloni which gets treated more or less like cannelloni (blanched, stuffed, layered and baked), just with American ingredients. Manicotti has a cheese filling and generally a red sauce.

Both are pasta tubes, but the difference between the two is fairly minimal **Manicotti** tubes are ridged, larger and slightly thicker. **Cannelloni** tubes are smooth, a touch smaller and slightly thinner.











**Ravioli** thin pasta dough with a filling. Usually served in broth or with a sauce. Ravioli are commonly square but also circular and semi-circular.

Along with tortellini most commonly used of the stuffed pasta shapes. Tiny

round raviolis are often called medaglioni











**Caramelle** caramel (candy) with their wrappings twisted at both ends. An egg pasta. Often stuffed with ricotta based filling



**Sacchetti** little purses or money bags with scrunched tops with meat or cheese fillings

**Sacchettoni** "Beggar's Purse". It consists of small circles or squares of pasta filled then fastened at the top.



## LASAGNE

Greek: λάγανον (<u>laganon</u>), a flat sheet of pasta dough cut into strips. λαγάνα (<u>lagana</u>) is still used in Greek to mean a flat thin type of <u>unleavened bread</u> baked for the holiday <u>Clean Monday</u>. (cf: matzoh, Last Supper, communion wafers)

Another theory is that the word lasagne comes from the Greek λάσανα (*lasana*) or λάσανον (*lasanon*) meaning '<u>trivet</u>', 'stand for a pot' or 'chamber pot'.

The Romans borrowed the word as *lasanum*, meaning 'cooking pot'. The Italians used the word to refer to the cookware in which lasagne is made. Later, the food took on the name of the serving dish.

Regional usage in Italy, when referring to the baked dish, favours the plural form *lasagne* in the north of the country (<u>British English</u>) and the singular *lasagna* in the south. (<u>American English</u>)



**Lasagne** was known in **Italy** in the Middle Ages traditionally in the city of Naples. The first recorded recipe was in the early 14th-century Liber de Coquina (The Book of Cookery)

Lasagne denotes the wide, flat pasta, and also the dish made of stacked layers of this flat pasta alternating with fillings. In Emilia-Romagna, <u>Bologna</u>, layers of lasagne are traditionally green (mixing spinach or other vegetables in the dough) and served with <u>ragù</u> (a thick sauce made from onions, carrots, celery, finely ground pork and beef, butter, and tomatoes), <u>bechamel</u> and <u>Parmigiano-Reggiano</u> cheese.

Variations of lasagna type pasta depend on size, shape and whether edges are ruffled.

**Lasagnette** is a type of ribbon pasta, a narrower version of lasagna. Characteristics of lasagnette differ based on the form of their edges.

**Festonelle** are small squares of lasagnette and **pantacce** are small pieces of lasagnette cut on the diagonal.



**Cappelletti**, "little hats" are plump meat filled pasta served in rich capon or chicken broth. Some say the best come from Gubbio where it is a tradition, as in many other parts of Italy, to have them on Christmas.

**Tortellini** are very similar to cappelletti – the only difference is cappelletti are made from squares of pasta and tortellini are made from circles and have **different** meat stuffing. Tortellini are ring-shaped pasta originally from the Italian region of Emilia (Bologna). They are sometimes also described as "navel shaped", hence their alternative name of "belly button", and bear a strong resemblance to a large wonton. Generally filled with meat or cheese. Made from circles of dough rather than squares so do not have the peaks of cappelletti.

**Ingannapreti**: (finti cappelletti, "priests deceivers") is another pasta coming from Emilia Romagna, a joke at the expense of the clergy! Priests would often drop in on their parishioners uninvited at supper time and would be served the cappelletti made from leftover pasta when the filling ran out. The shape is similar to the tortellini's, but without the filling.



Cappelletti (square) inganna preti



cappelletti con funghi



inganna preti





**Strozzapreti**, (Emilia Romagna, Modena) started in Southern Italy with the "strangulaprievete." There are many different pasta across Italy with this names, and each has a different tale to tell. Here are a few.

1524, cook Antonio Camuria, who worked for the noble Neapolitan family of the Carafa compares the strangulaprievete to a sort of gnocchi made by mashing and mixing together caciocavallo cheese, ricotta, eggs, and, almonds, then shaped in small balls (*stroggulos* in Greek) and cooked in chicken broth, and finally served with more caciocavallo cheese and dusted with sugar and cinnamon.

This recipe of Camuria refers not to the chunky maccheroni from Modena, but very likely the origins of the name derive from the Greek verbs *straggalào* (to roll up, thus the substantive stroggulos- ball -see above) and *prepto* (to hollow up), that describe the method of shaping this pasta: rolling the dough in thin cylinders, cutting these in small sections that were then hollowed up and rolled with the thumb. A similar technique is used to make cavatelli pasta (from the Latin cavare, to hollow up). This long, hand-rolled, chunky maccherone is an all-time favorite by Italian food connoisseurs.

The literal translation of **strozzapreti** is "priests chokers" or "priests stranglers". Priests, who were notorious for their gluttony, were so fond of this pasta, and ate it with such greed, that they would choke on it. Husbands of the cooks, with marked anticlerical and jealous feelings, wished the priests to choke on their supper.

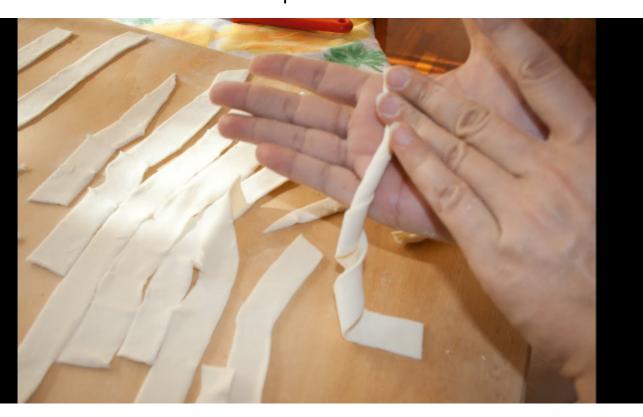
Strozzapreti are an elongated form of cavatelli, hand-rolled pasta typical of the Emilia-Romagna, Tuscany, Marche and Umbria regions of Italy as well as in the state of San Marino.

But the well known strozzapreti from Emila Romagna is not the only one. There are other pasta called strozzapreti around Italy, and usually, outside Emilia Romagna, strozzapreti, or strangulaprievete, indicate a form of gnocchi.

The name is also used for a baked cheese and vegetable dumpling, prepared in some regions of Italy and on the French island of Corsica. These were large enough to choke a hungry priest.



Corsican strozzapreti (large enough to choke a priest?)





Wringing strozzapreti

And to end this presentation let me take you to my hometown, Sant'Angelo, Limosano in Molise, Italia. Molise was part of Abruzzo-Molise until separated in 1963. The <u>province of Campobasso</u> was split from the region to form <u>Molise</u>, with the remaining four provinces, <u>L'Aquila</u>, <u>Teramo</u>, <u>Pescara</u> and <u>Chieti</u>, comprising the present day <u>Abruzzo</u>.

Throughout Italy's history, Molise has always been on the outskirts. In ancient times, the region was home to the Samnites, a mysterious tribe that fought numerous battles with the Romans before being subjugated in the 3rd Century BC. Poor and mountainous, it was largely ignored by the Romans and again by the Lombards, Normans, Bourbons and others who passed through. It became part of the Abruzzo e Molise region created after World War Two, but split off from Abruzzo in 1963 to become Italy's youngest, second smallest – and least known – region.

The reasons for Molise's separation from Abruzzo are fairly arcane, and many residents will argue that perhaps the split was a mistake and that they should reunite with Abruzzo, with which they share strong cultural ties. Others are fiercely proud of their region Unlike most other parts of Italy, here you can still find life as it used to be, unchanged for centuries.

<sup>&</sup>quot; In a way, we are Italy's last great unknown".

**Moleasy.** A group of five tourism entrepreneurs with one goal: share the love, the beauty and authenticity of an Italian Region – MOLISE – offering a unique, unforgettable and above all true experience to visitors where culture, environment, tourist attractions, typical products of agriculture and local craftsmanship express the essence of people of Molise and Italian Life.

Moleasy has focused on the development of slow tourism – <u>scattered hotels</u>, food tours, farm stays, cultural visits. "We are trying to attract people who have already been to Rome, Venice, Florence, etcetera, and are looking for something completely off the tourist map," she said. "In a way, we are Italy's last great unknown."

In a region that has historically struggled with poverty, isolation and earthquakes, the depopulation problem is ever-present. (Mid 19<sup>th</sup> century population of Sant'Angelo was 1600, nowadays less than 300). The region's president is offering to pay people to move to Molise. Private investment in the region remains low, infrastructure is poor, and unemployment is high, forcing many young people to leave in search of work. For some, "Molise doesn't exist" is less a joke, and more of a prediction about the region's future.







This area of Molise is famous for white truffles. In the cellars of the perbacco hotel in Sant'Angelo, Limosano they had a festival serving strozzapreti al tartufo.

Watch the video at <a href="https://www.youtub">https://www.youtub</a>
<a href="e.com/watch?v=8vg">e.com/watch?v=8vg</a>
WIJGdHNI





Telemolise

- P. Ruiz-

Il bello del vino è che,

problemi sono di altri.

per due ore, i tuoi

"Sant'Angelo in Cantina", VII edizione



twisted necks of priests!

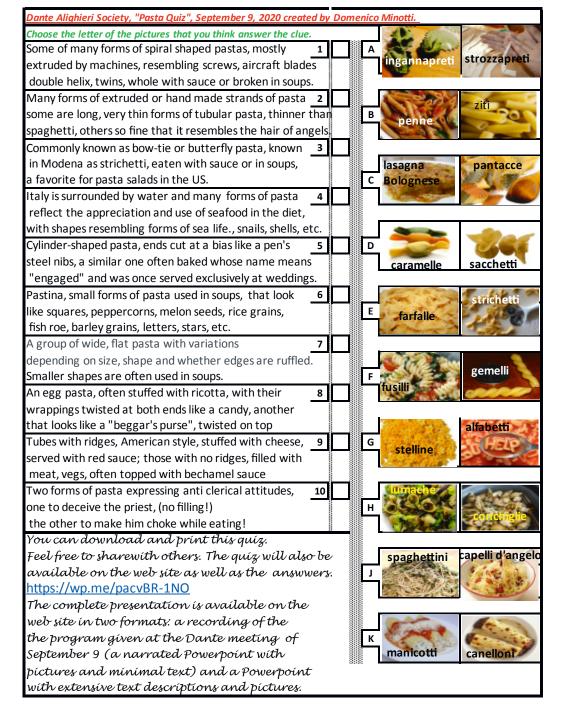


Questions and comments before we go on?

(unmute yourself if you have one)

website for quiz and answers:

https://wp.me/pacvBR-1NO



## Answer key - no peeking until after you take the quiz!

CLUE	PICT
1	F
2	J
3	E
4	Н
5	В

CLUE	PICT
6	G
7	С
8	D
9	K
10	Α

## Basta

Pasta?

## Basta Pasta?

Auguri