

# WORLD PASTA DAY

October 25th, 2023

Since 1998, when World Pasta Day began to be celebrated, pasta has won its global challenge on several fronts. According to data compiled by Unione italiana Food and IPO, today the world production is close to 17 million tons (+1.8% over 2021), nearly doubling the 9 million in 1998.

There are two constants from that day : Italy is first producer in the world with 3.6 million tons in 2022 and it is the first consumer



RICCIARELLI  
PACKAGING SYSTEMS

(about 23 kg per capita per year), followed by Tunisia (17kg) and Venezuela (12kg).

For exports, Germany, the United Kingdom, France, the United States and Japan are confirmed as the most receptive countries, purchasing a total of about 58% of Italian pasta production destined for foreign countries, but among the emerging markets, Saudi Arabia (+51 percent), Poland (+25 percent) and Canada (+20 percent) also register excellent numbers.

Leaving out the umbers, so much has changed in these 25 years : pasta has evolved, consumer's knowledge of it has grown and it has

often been reinterpreted and adapted to new lifestyles. Following these ideas, several types of pasta have recently emerged, from whole wheat to special or enriched pastas to those made from legume flour, which have allowed this food to become increasingly **consumer friendly**.

As Ricciarelli we followed and protected pasta everywhere with our packages and so, for this day, we thought to take a culinary journey to investigate how pasta is interpreted and consumed in different parts of the world, offering you some recipes prepared directly by our locals.

*Picture 1*  
Spaghetti with butter and anchovies

# EUROPE

Short-cut pasta is popular throughout Europe and is often served as a side dish, but pasta is a unique chapter in Italy, the true queen of the Mediterranean diet. Talking about pasta, an important issue concerns the formats. In Italy there are more than 200, divided by type (dry or fresh), format (long or short) and surface (smooth or ribbed), not forgetting filled pasta!

## Trofie with *Genovese* pesto



### Ingredients

- 400g trofie
- 60g basil leaves
- 100ml extra virgin olive oil
- 6 tablespoons of Parmigiano Reggiano 36 months
- 2 tablespoons of Pecorino cheese
- 30g pine nuts
- 2 cloves of garlic
- 1 pinch of coarse salt

### Procedure

Boil plenty of salted water for cooking the trofie and in the meantime prepare the Genovese pesto. Place the washed and dried basil leaves in the blender with the grated Parmesan cheese, grated Pecorino cheese, pine nuts, half-cut garlic cut without the soul, and a pinch of coarse salt and start blending.

While continuing to blend, add the extra virgin olive oil until smooth. Blend a few seconds at a time so as not to overheat the blades too much and not to waste the cream. Drain your trofie pasta “al dente” (not so cooked) and dress them with the pesto.



**Carlo's**   
**recipe**

# EUROPE

## Sea Fideuá (Valencian tradition)



### Ingredients

- 300g of capellini pasta
- 2 cloves of garlic
- 1/2 onion
- 30g red and green peppers
- Saffron
- Sweet paprika
- 75g monkfish
- 1 medium squid
- 8 prawns
- Clams
- 600ml fish stock
- Extra virgin olive oil
- Salt and pepper
- 30g crushed tomato

### Procedure

Heat 4 spoons of oil in a paella pan or a large frying pan and cook the monkfish, the shrimps and the squid over high heat. Remove and set aside. Brown the minced garlic, then add the onion and the chopped peppers with a pinch of salt. Pour in the tomato and cook until the sauté is dry. Then add the paprika and saffron threads. Add the capellini and cook for 5 minutes, stirring constantly.

Add the stock, fish and seafood and finish cooking for 7 minutes until the soup is used up.



Alba's recipe 

# AFRICA

With many differences in the various regions, pasta consumption has recently spread to the African continent, thanks to imports and a growing increase in home production. Among the most popular dishes is certainly the cous-cous, that is made by steaming grains and small clusters of wheat or durum wheat semolina.

## Cous cous with chicken and vegetables



### Ingredients

- 500g chicken
- 500g of cous cous
- 3 onions
- 4 carrots
- 4 zucchini
- 200g chickpeas
- 60g clarified butter
- 1 pinch of salt
- 1 pinch of pepper
- Turmeric

### Procedure

Take a pot and heat butter with salt, pepper and turmeric, then add chopped onion and chicken meat. Let it simmer until it dries out, and then pour in a liter of boiling water and the already cooked chickpeas. Let the meat and chickpeas cook for at least a couple of hours, and three-quarters of the way through the cooking time add the diced or striped vegetables.

Cook the cous cous by covering it with hot water and let it sit for at least 5 minutes, then fluff with a fork. When ready to serve, top it with the meat and its sauce, vegetables and chickpeas.

 **Fateh's  
recipe**





On the Asian continent, noodles were already eaten 4,000 years ago. Many varieties are made from wheat flour and water -such as Japanese udon or Chinese noodles- while others use rice flour. Then there are soba, made from buckwheat, shirataki or konjac noodles, made with konjac root, and the glass noodles, which are very thin and transparent, made from starch from mungo beans, tapioca or sweet potato.

## Filipino style spaghetti



### Ingredients

- 500g pasta noodles
- Butter, about a tablespoon
- 500g ground beef
- Small white onion, chopped finely
- 1 or 2 capsicums, diced
- 1 can of diced tomatoes
- 1 or 2 teaspoons of tomato paste
- Bit of sugar
- Salt and pepper
- Your preferred cheese

### Procedure

Cook noodles according to package instruction and set aside. Melt butter in a pan, add chopped white onions and cook until translucent then add capsicums and the ground beef and cook until brown. Add diced tomatoes, tomato paste and simmer for about 30 minutes. Season with a bit of sugar, salt, pepper and paprika and cook for another 15-20 minutes. Now arrange the noodles in a tray and pour the sauce on top. Add your preferred cheese – parmesan, cheddar, quick melt and garnish with parsley. Serve this with fried chicken and you've got a party.

Note : To veganize the dish, substitute mushrooms or TVP or lentils for ground beef. Opt for plant-based cheese instead of the regular one.



**Kay's recipe**

# AMERICA

Thanks to a strong emigration of Italians to this continent already in the early twentieth century, pasta has commonly spread into North and South America, becoming a popular and delicious dish! While in the North of the continent its "dry" consumption is more common, in South-America it is also often eaten within soups (especially short-cut pasta).

## Grandma's gnocchi



### Ingredients

- 1kg of potatoes
- 300g 00 flour
- 1 egg
- Salt and pepper

This is a recipe that our Mili inherited from her grandmother and it has become a family tradition over time. The colorful detail of this tradition is to place a bill under the plate of gnocchi to attract good luck and prosperity.

### Procedure

Start by boiling the potatoes until tender, then peel and mash them to a puree.

Add flour, eggs and salt and knead until smooth and homogeneous. Give it an elongated shape and cut into small pieces, shaping into the characteristic gnocchi shape using a fork. Cook the gnocchi in boiling water and drain them when they begin to float.

Serve them topped with tomato sauce, melted butter or cream. Add grated fresh cheese to complete the taste.



**Mili's recipe**