

# PASTA





“Everything  
you see,  
I owe to  
spaghetti”



Sophia Loren



# The story of Pasta

## AN ITALIAN LOVE AFFAIR

Pasta is a staple food of traditional Italian cuisine, said to be first mentioned in 1154 in Sicily.

Typically, pasta is made from an unleavened dough of a durum wheat flour mixed with water or eggs and formed into sheets or various shapes, then cooked by boiling or baking. It can also be made with flour from other cereals or grains.

Pastas may be divided into two broad categories, dried (*pasta secca*) and fresh (*pasta fresca*).

Most dried pasta is commercially produced via an extrusion process. Fresh pasta was traditionally produced by hand, sometimes with the aid of simple machines, but today many varieties of fresh pasta are also commercially produced by large-scale machines, and the products are widely available in supermarkets.

A staple food of the Western World, there are numerous ways to cook with the diverse range of pasta varieties.

### DID YOU KNOW?

The average person in Italy eats more than 25kg of pasta every year!

# The important stuff

## SHAPE AND SAUCE

### The Perfect Match

When making delicious pasta dishes, be sure to choose a pasta shape and sauce that complement each other. Thin, delicate pasta like angel hair or thin spaghetti should be served with light sauces. Thicker pasta shapes, like fettuccine, work well with heavier sauces. Pasta shapes with holes or ridges, like penne rigate or fusilli, are perfect for chunkier sauces.

**When pairing pasta with a sauce, remember that:**



Thin, delicate pasta, like angel hair or thin spaghetti, is better served with light, thin sauces such as olive oil and tomato.



Thicker pasta shapes, like fettuccine, work well with heavier sauces such as Alfredo, Ragu and Pesto.



Pasta shapes with holes or ridges, like penne rigate or radiatore, are perfect for chunkier sauces. Use with a Napoli, cream or cheese base sauce. They also lend themselves well to baking.

## STORAGE

The storage of pasta depends on how far along it is processed. Uncooked pasta kept dry can sit in a cupboard for a year if airtight and stored in a cool, dry area. Cooked pasta is stored in the refrigerator for a maximum of five days in an airtight container. Adding a couple of teaspoons of oil helps keep the cooked pasta from sticking together or to the container.

If the cooked pasta is not going to be used within five days it may be frozen for up to two or three months. The pasta will start to dry after a period of time, but it varies with the type of pasta.

Store pasta in a cool dry place with temperatures below 14 degrees and little humidity.



Everybody loves pasta!

Pasta is the versatile  
staple in all kitchens  
and on all menus!

## WHAT'S IN A NAME

**Cannelloni:** Referring to pasta with a hollow through the centre (usually stuffed and baked in the oven), Cannelloni is named after 'big tubes'.

**Farfalle:** Due to its shape this pasta is also known as the bow tie or butterfly.

**Fettuccine:** This flat, ribbon-shaped pasta is named after 'little ribbons.'

**Linguine:** This flattened, long pasta is named after 'little tongues' (tongues: lingue, and the -ine makes them 'small').

**Orecchiette:** This pasta, unique to the region of Puglia, means 'little ears.' Sure enough, it's an ear-shaped pasta.

**Penne:** Penne means 'pens.' The end of each piece of penne is similar to the tip of a fountain pen.

**Spaghetti:** Spago is 'twine'; an -etti makes it small and plural, so these are 'little twines.'

**Vermicelli:** In Italy, this is a tubular pasta that's a little thicker than spaghetti. The name means 'little worms.'

## DID YOU KNOW?

There are more  
than 600 pasta  
varieties produced  
worldwide!









# How the Italians do it

Pasta dishes with lighter use of tomato are found in Trentino-Alto Adige and Emilia Romagna.

In Bologna, the meat-based ragu sauce incorporates a small amount of tomato concentrate, whereas a green sauce called pesto originates from Genoa.

In Central Italy, there are sauces such as tomato sauce, amatriciana, arrabbiata and the egg-based carbonara.

Tomato sauces are also present in Southern Italian cuisine, where they originated.

In Southern Italy more complex variations include pasta paired with fresh vegetables, olives, capers or seafood. Varieties include puttanesca, pasta alla Norma (tomatoes, eggplant and fresh or baked cheese), pasta con le sarde (fresh sardines, pine nuts, fennel and olive oil), spaghetti aglio, olio e peperoncino (literally with garlic, [olive] oil and hot chili peppers).



## PASTA FACT

Cooked al dente (al-DEN-tay) literally means 'to the tooth,' which is how to test pasta to see if it is properly cooked. The pasta should be a bit firm, offering some resistance to the tooth, but tender.



# What's the difference?

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## DRIED

Dried pasta is usually produced in large amounts that require large machines with superior processing capabilities to manufacture. Dried pasta can be shipped over to farther locations and has a longer shelf life.

The ingredients required to make dried pasta include semolina flour and water.

Eggs can be added for flavour and richness, but are not imperative.

Dried pasta needs to be dried at a low temperature for several days to evaporate all the moisture allowing it to be stored for a longer period.

Dried pastas are best served in hearty dishes like ragu sauces, soups, and casseroles. Once it is cooked, the dried pasta will usually increase in size by double its original proportion.



DRIED PASTA HAS A LONGER SHELF LIFE



## FRESH

Fresh pasta is usually locally made with fresh ingredients, normally made with a mixture of eggs and all-purpose flour or '00' low-gluten flour.

Since it contains eggs, it is more tender compared to dried pasta and only takes about half the time to cook. Delicate sauces are preferred for fresh pasta in order to let the pasta take front stage.

Fresh pastas do not expand in size after cooking; therefore, one and a half pounds of pasta are needed to serve four people generously.



## FRESH FROZEN

Production techniques have dramatically improved for frozen pasta, improving quality and freshness. Using state of the art cooking facilities which incorporate pasteurization and individual quick freeze technology increases the shelf life of products without the need for added preservatives.

Cooking frozen pasta is no more or less difficult or complicated than cooking fresh or dried pasta. The key to boiling frozen pasta is to add a minute or two to the usual cooking time.





***Barilla***





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**Barilla was founded in 1877 as a bakery shop in Parma, Italy by Pietro Barilla. The company is privately held, and remains in the fourth generation of Barilla family ownership, run by three brothers Chairman Guido Barilla, and Vice Chairmen Luca Barilla and Paolo Barilla.**

The group is the world's leading pasta maker owning 40-45% of the Italian market and 25% of the US market. It produces pasta in over 120 shapes and sizes. Barilla brand pasta is sold in numerous restaurants worldwide.

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Barilla has developed a unique range of pasta specifically for double cooking, enabling chefs to optimise their kitchen resources, while serving customers with the best pasta out of Italy. The Selezione Oro Chef range is made with carefully selected high quality durum wheat semolina, resulting in superior tasting pasta which cooks perfectly – every time.

Barilla's Executive Chef Andrea Tranchero explains: 'Selezione Oro Chef is a range of pasta designed specifically for the restaurant industry, with many advantages for busy chefs':

- Pre-cook prior to service and then it only needs 40-60 seconds for the second cooking, making it the go-to in convenience for a busy kitchen;
- Optimal yield, even when double cooking, yielding 240g of cooked pasta for 100g of raw pasta, and less dispersion of starch than regular pasta;
- Cooks to 'al dente' perfection every time, thanks to the quality durum wheat semolina (13.5 per cent protein, vs 10.5 per cent in standard semolina).



## CAPELLINI N.1

Capellini are long, golden strips of pasta, with a slim and almost fragile structure. In reality, they hold their shape even in the hottest broth. But it's in dry recipes that they give their best, enhancing all the flavours of the ingredients, embracing them in their long hug.



## SPAGHETTINI N.3

Slim and light, thanks to Barilla's expertise, Spaghetтини hold perfectly in the cooking process: retaining their delicate consistency, without giving up the pleasure of the al dente bite.



## SPAGHETTI N.5

Thanks to their traditional diameter, which is intermediate amongst all the long pasta cuts, Spaghetti are extremely versatile: from the most traditional to the most challenging recipes, Spaghetti is a perfect dish for every occasion.



## FETTUCCINE N.6

Fettuccine are slim flat pasta dough strings, slightly wider than Tagliatelle. Barilla Fettuccine are made with a pasta dough, duly rolled with patience and care, according to the Emilian tradition, to create a rough and porous appearance, ideal for holding the sauce and enhancing the flavour.







## SPAGHETTONI N.7

Spaghettoni has the long shape typical of a Spaghetti and is ideal for pairing with all types of sauces, from the simple to very complex. Spaghettoni served al dente provides the unparalleled harmony that links a delicious pasta meal together.



## BUCATINI N.9

Characterised by a good thickness and the central hole, Bucatini are great with thick and full bodied sauces. Ideal in the classic and tasty all'Amatriciana dish, Bucatini are also great seasoned with tomatoes, vegetables or a cheese sauce.



## LINGUINE/BAVETTE N.13

Among the durum wheat long pasta shapes, Bavette are best for enhancing the sauce. Thanks to their flat and slightly convex shape, they are perfect for holding the sauce and releasing all flavours.



## RISONI N.26

This fine size pasta is inspired by the shape of the rice grains. Risoni are ideal for soup recipes and satisfy the whole family.





## MACCHERONI N.44

Cut Maccheroni are a twisted tubular shaped ridged pasta, with an extra twist that helps hold sauces.



## PENNE LISCE N.71

Penne Lisce has a smooth surface that offers an elegant sensation to the palate.



## PENNETTE RIGATE N.72

Pennette Rigate are famous for their renewed quality of holding the sauce. And thanks to their small dimension they are able to jump into the sauce and combine perfectly.



## PENNE RIGATE N.73

Penne Rigate lovers praise their irreplaceable ability to hold sauce.







## TORTIGLIONI N.83

Tortiglioni have an unmistakable elegance thanks to their boldness. Their shape welcomes all sauces, which run voluptuously both inside, outside, and within ridges, to please taste buds with all their flavours.



## RIGATONI N.89

Characterised by the surface ridges and large diameter, Rigatoni appear in many simple and elaborate recipes. Ideal to trap the sauce inside and on the surface to maximise the flavour.



## FUSILLI N.98

You cannot go wrong with Fusilli: they enhance the most elaborate and richest sauce, as well as the simplest, and always deliver great results even in the most challenging recipe.



## PAPPARDELLE AL UOVO N.176

The most majestic shape among the long cut egg pasta: pappardelle's large flat ribbon measures 13mm across (tagliatelle is 5mm). This generous pasta is ideal to enhance rustic sauces, like a thick hare or rabbit ragu.





## **LASAGNE SHEETS BULK N.196**

Fluted large sheets of pasta dough, rolled to guarantee the right consistency and porousness to enhance the sauce. Ideal for busy kitchens.



## **LASAGNE EGG INSTANT N.199**

Lasagne are rectangular pieces of pasta dough, rolled to guarantee the right consistency and porousness to enhance the sauce. Lasagne are ready after just 20 minutes in the oven.



## **FETTUCCINE EGG EMILIANE**

Flat strips of rough and compact egg dough, about 7 mm wide, that make time spent around the table truly pleasurable. Fettuccine Emiliane Barilla are prepared with dough that is worked with great patience and care as dictated by the Emilia tradition.





## GLUTEN FREE PENNE

A gluten free version of the classic Penne, ideal with a thousand different sauces.



## GLUTEN FREE ELBOWS

A gluten free version of the popular Elbows, ideal for those who are gluten intolerant.



## GLUTEN FREE SPAGHETTI

The most popular shape in Italy and worldwide. Spaghetti originates from the south of Italy and is commonly used with tomato sauces, fresh vegetables, or fish.



## GLUTEN FREE FUSILLI

The gluten free range wouldn't be complete without our Fusilli.







## SPAGHETTI N.5

Thanks to its traditional diameter, intermediate in the long pasta universe, Spaghetti is highly versatile and allows an infinity of combinations: from the more traditional to the most unusual recipes.



## SPAGHETTI/VERMICELLI N.7

The slightly larger Spaghetti also known as Vermicelli is very popular with chunkier sauces to create a truly hearty dish.



## LINGUINE N.13

Linguine, also called Bavette or Trenette, first saw the light in Genoa and have a squashed spaghetti shape. The long Ligurian pasta par excellence, Bavette go superbly with Genoese pesto, rich with all the fragrance of basil.



## ORECCHIETTE N.56

With their hollowed shape, smooth inside and grooved outside, Orecchiette are versatile and hold sauce perfectly, making each dish unique and full of warmth.





## FARFALLE N.65

Farfalle start from dough cut into squares and "pinched" in the middle. Colour the table with a touch of imagination: their smooth surface made them particularly suited to light and delicate vegetable based sauces.



## PENNE RIGATE N.73

Penne Rigate go marvellously with all types of sauce, from the traditional meat or tomato based one to the more innovative and original created by combining vegetables and cheeses.



## TORTIGLIONI N.83

Tortiglioni have an unmistakable elegance thanks to their boldness. Their shape welcomes all sauces, which run voluptuously both inside, outside, and within ridges, to please taste buds with all their flavours.



## SPACCATELLE N.96

Typically curved with a slit "spacca" down the centre Spaccatelle is an original traditional Sicilian shape. The curves mean they intertwine and collect all the sauce in the centre whilst smooth finish exalts even the most delicate flavours.





## FUSILLI N.98

Their shape is characterised by three twisted fins forming a spiral that captures whatever sauce is used. You can't go wrong with Fusilli: they make the most elaborate and dense sauces resound but also the more simpler sauces always ensuring great results.



## CASARECCE N.187

Casarecce are wrapped around themselves like small rolls of parchment, folded towards the tip in a characteristic gutter shape that collects the sauce right down to the last drop.











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### **60 Years of quality and love for good pasta**

In 1956, Euride Zini, an Emilian pureblood founded a small pasta factory in the heart of Milan built on freshness and quality.

Today Zini continues this tradition by respecting the original recipes and by refusing to use non-natural ingredients like colorants and additives. For the conservation of its products it just uses one natural element: cold.

Zini has been the first company in the sector to achieve European certifications of Quality Assurance and Food Safety, obtaining for both the highest standards. It is also certified for biodynamic production, Halal food and Gluten Free.





## **RICOTTA & SPINACH RAVIOLI**

Characterized by a simple and delicate filling, suitable for every occasion and particularly appreciated by children.



## **RICOTTA & SPINACH RAVIOLI LARGE**

An ode to simplicity, their flexible and versatile square shape is combined with a simple and delicate stuffing. Just 2 minutes in boiling water yields an excellent first course that's 100% Italian.



## **LASAGNE SHEETS**

One of the first most popular dishes of the Italian tradition, Lasagne Emiliane with meat sauce and bechamel are always the protagonists at the table.



## **CANNELLONI RICOTTA & SPINACH**

Simple, light and delicate, their versatility is surprising, making them one of the most-loved oven-baked specialties of Italian cuisine. Product suitable for vegetarians.



## **GNOCCHI GROOVED**

With a total of more than 3.5 tonnes sold annually, this type of pasta ranks among the market leaders in Europe. Product suitable for vegans and vegetarians.



## **MEZZE PENNE**

Cooked and frozen, they are ready in 1 minute in hot water or steamed and offer the taste and consistency of traditional dry pasta. Practical and versatile, they can also be prepared in the microwave or in a frying pan together with the sauce.



## **TORTELLONI RICOTTA & SPINACH**

An elegant shape that makes an impact and is designed to enhance every menu with style, combined with a classic stuffing made with fresh ricotta and spinach. Product suitable for vegetarians.



## **RAVIOLI PORCINI & RICOTTA**

Their seemingly rigorous square shape hides a soft and creamy heart, dominated by the unmistakable flavor of mushrooms, also present in small pieces.



## **AGNOLOTTI LOBSTER & RICOTTA**

A triumph of subtlety for this delightful proposal, ideal for a gourmet menu that's simple and sophisticated.



## **PAPPARDELLE EGG**

From Tuscany, Pappardelle are ideal for sauces based on meat or game. Ready in one minute in boiling water, or in the microwave or in a pan, together with the condiment.



## **TAGLIATELLE EGG**

Protagonists par excellence of the Italian gastronomic tradition, the nest pasta, IQF, is ready in just 2 minutes in boiling water, steamed, in the microwave or in a pan, together with the condiment.



## **TAGLIOLINI AL NERO DI SEPPIA**

The tagliolini with squid ink are perfect protagonists of glamorous and sophisticated plates based on fish and shellfish, they give a unique flavor to any recipe.



## **POLENTA STICKS**

Delicious polenta sticks for an unusual appetizer, tasty and light. Ideal at any time of the day, you prepare them in a few minutes in the pan, in the oven or fried. Product suitable for vegans and vegetarians.









Casa Della Pasta was founded in 1986 and produced small quantities of gourmet pasta out of a little shop in East Brunswick, Victoria.

Following constant growth over the years, by 2010 it changed the name to better reflect the developing areas of the company and 7Chefs was born. It is one of the largest suppliers of both fresh and frozen pasta to the retail and foodservice markets in Australia.

The Casa Della Pasta foodservice brand is one of the few Australian manufacturers of unique pre-cooked IQF pasta which provides enormous cost and time benefits to customers.





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## **BEEF TORTELLINI**

**PRE-COOKED**

Fresh prime beef braised with carrots, onions, celery then blended with aged parmesan cheese, spiced and wrapped in 100% Australian made egg pasta.



## **BEEF RAVIOLI**

**PRE-COOKED**

Fresh prime beef braised with carrots, onions, celery then blended with aged parmesan cheese, spiced and wrapped in 100% Australian made egg pasta.



## **RAVIOLI RICOTTA SPINACH**

A classic ravioli with ricotta and spinach filling.



## **GNOCCHI POTATO**

**PRE-COOKED**

Traditional potato gnocchi, pre-cooked for convenience.





## **RICOTTA & SPINACH CANNELLONI**

Fresh farmer's ricotta blended with spinach, herbs and spices wrapped in 100% Australian made, preservative free egg pasta.

## **GLOBAL FOOD AND WINE CASA DELLA PASTA EXCLUSIVE**

Casa Della Pasta have created some special recipes exclusively for the Global Food & Wine brand.





# At a glance...

		WEIGHT
PASTA DRIED ITALIAN	Bucatini #9	500g
	Capellini #1	500g
	GF Elbow Maccheroni	340g
	Fettuccini #6	4.5kg
	Fusilli #98	500g
	GF Fusilli	340g
	GF Penne	340g
	GF Spaghetti	340g
	Lasagne Egg Instant #199	500g
	Lasagne Sheets #196	BULK 5kg
	Linguine/Bavette #13	500g / BULK 5kg
	Maccheroni #44	500g
	Fettuccine Emiliane Egg	250g
	Pappardelle Al Uovo #176	250g
	Penne Lisce #71	500g
	Penne Rigate #73	500g / BULK 5kg
	Pennette Rigate #72	BULK 5kg
	Rigatoni #89	500g / BULK 5kg
	Risoni #26	500g
	Spaghetti #5	500g / BULK 5kg
	Spaghettoni #3	500g
	Spaghettoni #7	500g / BULK 5kg
	Tortiglioni #83	BULK 5kg
	Casarecce #187	1kg
	Farfalle #65	1kg
	Fusilli #98	1kg
	Linguine #13	1kg
	Orecchiette #56	1kg
	Penne Rigate #73	1kg
	Spaccatelle #96	1kg
	Tortiglioni #83	1kg
	Spaghetti/Vermicelli #7	1kg
	Spaghetti #5	1kg

		WEIGHT
PASTA DRIED AUSTRALIAN	GLOBAL	
	Fettuccini Egg #8	500g
	Fettuccini Spinach #8	500g
	Linguine Egg	500g
PASTA PRECOOKED AUSTRALIAN	CASA DELLA PASTA	
	Cannelloni Ricotta/Spinach	42 x 140g
	Ravioli Beef	5kg
	Tortellini Beef	5kg
	Gnocchi Potato	5kg
PASTA PRECOOKED ITALIAN	ZINI - FROZEN	
	Agrolotti Lobster/Ricotta	1kg
	Cannelloni Ricotta/Spinach	60x50g 3kg
	Fusilli	1kg
	Gnocchi Smooth Chicche	1kg
	Gnocchi Potato Grooved	1kg
	Lasagne Sheets Egg	10kg
	Mezze Penne	1kg
	Pappardelle Egg	3kg
	Penne	1kg
	Ravioli Large Ricotta/Spinach	1kg
	Ravioli Ricotta/Spinach	1kg
	Sorrisi Eggplant/SD Tomato	1kg
	Tagliatelle Egg	3kg
	Ravioli Porcini/Ricotta	1kg
	Tortelloni Ricotta/Spinach	1kg
	Taglioline Nero di Seppia	1kg
	Polenta Sticks	1kg

# More in our range of



tomatoes

**FACT:** For the best tomato based sauces, the 'Brix' of a tomato should be a minimum of 6. This guarantees the best texture throughout the sauce.



olives

**FACT:** The oldest certified olive tree is more than 2000 years old - Olive Tree of Vouves Crete, Greece. It is probably one of the oldest olive trees in the world and still produces olives today.



cheese

**FACT:** Larger Roman houses even had a special kitchen, called a careale, just for making cheese. After developing new techniques for smoking and adding other flavours into cheeses, the Romans spread this knowledge slowly across their Empire.



flour

**FACT:** Thicker based Northern Italian pizzas use '0' flour. For the Southern Italian thinner style pizzas, a '00' flour is recommended.



# Mini Food Bibles



## seafood

**FACT:** The oldest fishhook ever found, dates back to about 42,000 years ago.



## meat & game

**FACT:** There are only two ways to cook any piece of meat. Hot and fast, or low and slow. Anything in between is liable to end in toughness.



## smallgoods

**FACT:** Meat curing can be traced back as far as 3000BC, when cooked meats and fish were preserved in sesame oil and dried.



## olive oil

**FACT:** Because oil flows from the olives naturally when they are crushed, the vitamins and natural ingredients are not destroyed with chemicals and preservatives.

**Sharing our Knowledge can grow your business**





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