



MANGIA PASTA ORECCHIETTE

Grano Antico BIO

Mangia Pasta Orecchiette are made from Russello, an ancient Sicilian durum wheat cultivated in the south-east of the island for centuries, with a low gluten index and high fibre content that give a pasta with more character and nutritional density than modern high-gluten varieties. GRAIN & PRODUCTION: sourced direct from southern-Italian heritage-grain farmers, milled at low temperature to preserve the wheat germ, extruded through bronze dies (giving the surface its characteristic rough porosity), then slow-dried for 24 to 48 hours at low temperature. COOKING & PAIRING: salted boiling water, drop the orecchiette in a single handful at a time, cook for 11 to 13 minutes until al dente. The classical Sicilian pairing is broccoli rabe and anchovy, with garlic, chilli and pecorino. Equally strong with a simple pomodoro-and-basil, an aubergine alla Norma, or a slow-cooked lamb ragù.

Tasting notes

Color

Golden-wheat colour, rough matte surface, the signature of bronze-die extrusion. Small concave ear shape with slightly irregular rims.

Aroma

Expressive grain character: toasted-wheat notes, hazelnut and a fine herbaceous bitterness typical of Russello. The heritage variety asserts itself.

Taste

Cooks firmly al dente, holds its shape beautifully.

Finish

Natural matches for Russello orecchiette: cime di rapa with olive oil and garlic, crumbled Italian sausage, vegetable ragù, pistachio pesto, or simply fresh. MANGIA PASTA A Zurich-based project (True Foods & Ancient Seeds GmbH) devoted to reviving Italian pasta from heritage grains, the ancient durum varieties (Russello, Timilia, Saragolla, and others) that fed southern Italy for centuries before the post-war switch to high-gluten modern wheats. The brand works directly with around twenty independent farmers in Sicily, Puglia and Tuscany, sourcing the grain at harvest, milling at low temperature, extruding through bronze dies, and slow-sun-drying for 24 to 48 hours. The pasta is labor-intensive to make but worth it: more flavour, more nutritional density, more sauce grip than industrial pasta.