



MANGIA PASTA PENNE TIMILIA

Grano Antico BIO

Mangia Pasta Penne are made from Timilia, a short-cycle ancient Sicilian durum wheat that matures in just 60 to 70 days, making it one of the most drought-resistant heritage grains in Mediterranean agriculture. Low gluten index, high protein and mineral content, and a distinctive earthy-hazelnut character that modern wheats cannot replicate. **GRAIN & PRODUCTION:** Timilia sourced direct from Sicilian smallholders working traditional dryland fields, milled at low temperature to preserve the bran-and-germ wholeness, extruded through bronze dies, slow-sun-dried for 24 to 48 hours. The result is a penne with a wholegrain-bread aroma at cooking and a structural firmness that holds shape against rich sauces. **COOKING & PAIRING:** salted boiling water, 11 to 12 minutes for al dente. suited to substantial sauces, a bolognese, a lamb-and-rosemary ragù, a wild-mushroom cream, or a Sicilian-style sausage-and-fennel sugo. Equally well in baked pasta dishes (pasta al forno, pastitsio) where the timilia's heat-tolerance keeps the structure under the oven.

Tasting notes

Color

Deeper amber tone than modern pasta, the Timilia signature, a heritage wheat with a partial whole-grain character. Matte, floury, very rough surface to absorb more sauce.

Aroma

Intense, earthy grain character with toasted hazelnut, wholegrain bread and a rustic spicy edge. Markedly more aromatic than penne from modern durum.

Taste

Precise al dente, holds for a long cook without slackening.

Finish

Ideal with generous sauces: lamb ragù, fennel-pistachio sausage, bold arrabbiata, alla Norma with aubergine and ricotta salata, or simply broccoli, anchovy and toasted breadcrumbs.

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 expensive to make and worth every centime: more flavour, more nutritional density, more sauce grip than industrial pasta.