

# THE BANVILLE BUZZ

## PASTA (AND OTHER STARCHES) OF NORTHERN ITALY

By Christina Comito, PR and Brand Strategy at Banville Wine Merchants



Whether they are soaking up a hearty Ragu, trapping delicately diced bits of basil and pignoli or proudly floating in a piping hot brodo – form and function are front and center in Italy’s iconic display of Pasta. Variation from region to region and town to town reflect cultural influence and sometimes encapsulate centuries of history in a single bite.

**Join us on a journey as we sink our teeth into the pasta (and other starches) of Italy.**

**LIGURIA** is a narrow coastal region stretching from Northern Tuscany that continues North and hugs the Southern confines of Piedmont, kissing the Mediterranean the entire way. Liguria’s claim to Pasta fame could be the oldest-recorded pasta to date, *Testaroli*. This ancient ‘bread pasta’ dates back to Etruscan times and was made by pouring a batter made of water, wheat flour and salt over a hot rock to form a circle. Once it cools, it is sliced into triangular pieces boiled further, and then served with the traditional Pesto Genovese. While *Testaroli* is an ancient “pasta” in Liguria, *Trofie*, a short pasta with a wood shaving-like appearance is a modern and popular option that peppers menus along the coastline. *Trofie* are made from durum wheat semolina flour, water, and a little bit of salt. They have an elongated and curled shape that works particularly well for trapping the Pesto Genovese.



**LUNAE VERMENTINO 'GREY LABEL'**



**MORO RINALDINI  
LAMBRUSCO FRIZZANTE AMABILE**

**EMILIA ROMAGNA** is rich with pasta influence, since it is home to two of the most internationally recognized shapes, *Tortellini* and *Lasagna*. The egg-rich long-form pastas and stuffed pastas are made by hand and the processes are rooted in centuries-old tradition. The long-form pastas such as *lasagne* and *tagliatelle* are rolled out to the perfect thickness by ‘*Sfoline*’, women who have perfected this craft over their lifetime and whose methods are generally handed down proudly from generation to generation. Stuffed pastas like *Tortelli*, *Ravioli*, and *Agnoli*, are filled with local delicacies such as Prosciutto, Mortadella, and Parmigiano Reggiano cheese. From *Lasagna* alla *Parmigiana* to *Tortellini* in Brodo there is no shortage of options in Emilia Romagna.

**BANVILLE WINE MERCHANTS**

