DAL 1947

SGAMBARO

MOLINO E PASTIFICIO

• WITH •

ANTONIO ROSSI

THE COMPETITION'S PASTA

ITALIAN DURUM WHEAT SPAGHETTI
SENATORE CAPPELLI FIVE-TOMATOES SPAGHETTI

INGREDIENTS

- 200g SGAMBARO SENATORE CAPPELLI ORGANIC SPAGHETTI
- 2 SAN MARZANO TOMATOES
- 4 PICCADILLY TOMATOES
- 4 BLACK TOMATOES
- HALF A STEM OF CHERRY TOMATOES
- HALF A STEM OF CUBELLO TOMATOES
- GARLIC
- 1 GLASS OF WHITE WINE
- 50g OF GRANA PADANO CHEESE
- EXTRA VIRGIN OLIVE OIL, SALT AND PEPPER

RECIPE FOR TWO PEOPLE

Clean all tomato varieties
and cut them into chunks.

Fry two cloves of garlic in three drizzles
of oil and add the tomatoes starting
from the San Marzano, then the tougher ones
and finish with the datterini.
Sauté with white wine.

Cook over medium heat for about half an hour,
covering with a lid but not air-tight and adding
a little hot vegetable broth or pasta cooking
water if the sauce dries out too much.

Meanwhile, cook the spaghetti
in plenty of salted water.
Drain them al dente and toss them
into the sauce, adding a drizzle of oiland a few
leaves of fresh basil torn by hand.

Serve by finishing the dish with a generous
amount of freshly grated Grana Padano
cheese.

WHAT THE DIETICIAN SAYS

This dish is the pride of Italy throughout the world. It seems easy to make but it is truly good - in flavour and for health - only if prepared with high quality raw ingredients.

Senatore Cappelli wheat has been an excellence of Italian agriculture since the early twentieth century; the Sgambaro selection is 100% Italian, organic and assures the characteristics of the original grain, to be counted among the ancient grains as it was grown before modern industrial processes. Particularly tasty thanks to its aromatic and persistent flavour, it is a low protein grain and therefore it is always processed for longer and more delicately, at low temperature. Its properties thus arrive intact on the plate: slightly less rich in carbohydrates, but with a greater vitamin and mineral salt content than the average of the other durum grains.

The **tomato**, one of the many vegetables imported from the Americas, has established itself as the staple food of the Mediterranean diet, along with aubergines and peppers. Rich in water, with an extremely low calorie count, it contains moderate amounts of vitamin B, ascorbic acid, vitamin D and, above all, vitamin E, an antioxidant. Among the minerals: iron, zinc, selenium, phosphorus and calcium which, acting in synergy, provide remineralising and antioxidant properties. Due to the presence of organic acids, the tomato stimulates salivary and gastric digestion and can sometimes cause irritation or heartburn. The fibre, concentrated in the peel, stimulates intestinal motility, while its diuretic properties make it an excellent refreshing and purifying agent, useful for eliminating excess waste, a property enhanced by the presence of sulphur with significant detoxifying properties.

Extra virgin olive oil provides monounsaturated fatty acids, vitamin E and polyphenols. It also contains oleocanthal, a substance with significant anti-inflammatory properties and oleuropein, a substance with antihypertensive activity.

Grana Padano cheese enriches the dish with precious proteins with a high biological value, it is rich in branched amino acids that can provide immediate energy to the muscles during exercise, repair muscle fibres after exertion, promote the increase in lean mass, buffer the lactic acid and provide a speedy physical and mental recovery.
A portion of 50 g of Grana Padano cheese can replace 150 g of meat or 2 eggs.

Dig in and enjoy your workout from pasta Sgambaro.

FOR A GOOD AND BEAUTIFUL LIFE,
FROM FIELD TO HEART.