MOLINO E PASTIFICIO

•WITH•
ANTONIO ROSSI

CHILDHOOD PASTA

BAKED EINKORN WHEAT TORTIGLIONI WITH WINTER VEGETABLES, GOAT'S CHEESE CREAM, MIXED SEEDS AND ROASTED PINE KERNELS.

INGREDIENTS FOR A MEDIUM-SIZED CASSEROLE

- 250g SGAMBARO ORGANIC EINKORN WHEAT TORTIGLIONI
- 1 SWISS CHARD
- 1 CELERIAC
- 1 LEAK
- 4 ITALIAN KALE LEAVES
- 1 SMALL PUMPKIN
- 2 MEDIUM POTATOES
- ABOUT 300 G GOAT'S CHEESE SPREAD
- MILK TO TASTE
- 20g PINE KERNELS
- 40g MIXED SEEDS
- 10g BUTTER
- GRATED GRANA PADANO CHEESE
- SANT AND PEPPER

METHOD

Put the steamer on the hob and turn on the heat. Wash all the vegetables and dice them (celeriac, pumpkin, potatoes) or slice them into julienne strips (Swiss chard, Italian kale, leak). Put everything in the steamer and cook for about 15 minutes, until tender but still firm. Take off the heat and leave to cool.

Squash the goat's cheese spread with a fork and soften by adding a bit of milk, help yourself with a small whisk if needed. When the cream is nice and smooth, but not too liquid, add the vegetables and mix well. Add salt and pepper to taste.
Heat up the oven to 180°C.

In the meantime, cook the tortiglioni for about 6 minutes and drain when 'al dente'.

Then add the pasta to the cream and mix well. Slightly grease a ceramic casserole and add the pasta with the sauce. Level and garnish with a sprinkle of Grana Padano cheese, the mixed seeds, the pine kernels and a few knobs of butter. Bake in the oven for 20 minutes and brown under the grill before taking it out.

Serve hot.

WHAT THE DIETICIAN SAYS

This is a simple recipe you can also prepare one day in advance; it is packed with nutrients.

Einkorn wheat – or monococcum wheat – is the oldest grain cultivated by mankind. Rustic, resistant and adaptable, it is regarded as the mother of all grains. Its low content in gluten, characterised by poor toughness, makes it easier to digest. Its starch is absorbed slowly, which helps keep sugar and insulin levels in blood low and makes you feel fuller for longer. Compared to other types of wheat, it has a higher protein, carotene, riboflavin and phosphorus content. It is rich in antioxidants, especially a-tocopherol, the most active form of vitamin E from a biological point of view.

All the **vegetables** used, of various colours – orange, purple, green – are packed with polyphenols with an antioxidant action, have depurative and detox properties and are filled with vitamins and mineral salts.

Goat's cheese is a good source of protein and its calorie content is not too high: despite its name, goat's cheese spread is actually often made with cow's milk. Make sure you use a spread made with goat's milk if you want a dish with a lower fat content.

Oil seeds are a true mine of beneficial substances with a high lipid content. However, these are 'good' unsaturated fatty acids: Omega 3 and Omega 6, which are essential for the body as they tangibly help lower the risk of cardiovascular diseases, as they clean up arteries. They are rich in fibre, which are indispensable for a healthy gut and slow down the absorption of sugar and fat, as well as staying fuller for longer. They are also full of mineral salts and oligo-elements – like magnesium, potassium, iron, selenium, zinc and copper – and vitamin A, E and some types of vitamin B.

Pine kernels are among the oil seeds with the highest protein and polyunsaturated fat content. True natural tonics, they have plenty of minerals and vitamins (especially B1, B2, E and PP) and help you keep a healthy immune system. In winter, they help prevent and counter 'cold-weather' conditions also thanks to their balsamic resinous residues with an antibacterial, anti-inflammatory and antiviral action.

Dig in and enjoy your workout from pasta Sgambaro.

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ALSO IDEAL WITH PENNE AND TRIVELLINE!