



● D21



## Cavatielli



4-5'

COOKING TIME



3kg €



100g

SERVING



24

MONTH AT -18°C

### Ingredients

Durum wheat semolina, water, salt.

Let's go to Apulia to rediscover an old regional pasta: Cavatielli. This particular pasta belongs to the tradition of so-called "trascinate" (dragged), because it is obtained from a special technique that involves dragging and pressing a piece of dough on the cutting board while moving fingers in a particular way. The dough, which processing makes particularly soft, is made of: durum wheat semolina, water and salt. The shape of this pasta resembles an elongated semiclosed shell, which can collect generous amounts of sauce. This pasta is suitable for many different sauces of the best Apulian tradition: meat- and fish-based, especially cod or mussel sauces, and legume sauce, to say nothing of cheese-based sauces, chief among them the one prepared with strong sheep's milk ricotta.

### Data Sheet



+/- 1,8g

FOR PIECES

%

50

PORTION YIELD AFTER  
COOKING



### Average nutritional values per 100 g

Energy kJ 1196 – Energy kcal 282 – Fats g 0,8 of which saturated fats g 0,2 – Carbohydrates g 56,9 of which sugars g 1,6 – Fibres g 2,2- Proteins g 10,7 – Salt g 0,13