



ALTA TRADIZIONE

TROCCOLI: APULIAN TO THE DOUGH.

CODE

E21

cooking time	5/6 min.
weight of a nest	55 g
recommended weight per portion	110 g
growth after cooking	+50 %
no. of portions per package	13
package weight	1,5 kg

INGREDIENTS: durum wheat semolina, soft wheat flour type '00', water, salt.

Durum wheat, wheat flour type '00', water, salt is the dough for Troccoli, spaghetti with a triangular section typical Apulian. To make them, a rolling pin is used, once made of metal, today mostly made of wood, which has the characteristic circular blades with which the dough is 'twisted'.

It is called troccolatura, a name that derives from the Latin term torculum (press), which in turn comes from torquere (to twist). It is an ancient tool mentioned as early as 1570 by Bartolomeo Scappi in his Opera dell'arte del cucinare (The art of cooking). Rustic and thick, Troccoli require strict al dente cooking and go well with rich sauces.

In Puglia, the capital of Troccoli, they are mainly eaten with Sunday ragù, a ragù prepared with pork, horse chops, stuffed pancetta and sausages, but it is not uncommon to find them also accompanied by Cardoncelli mushrooms, typical of the area, or by seafood.



CREAMY TROCCOLI WITH OCTOPUS RAGÙ AND SALTED RICOTTA CURLS



INGREDIENTS FOR 4 PEOPLE

440 g of Troccoli
1 kg of fresh or frozen octopus
1 litre of tomato puree
1 bay leaf
10 g of parsley
1 clove of garlic
50 g of EVO oil
5 g of fine salt
100ml of white wine
2 g of chilli pepper
50 g of salted ricotta

PREPARATION

Clean, wash, and roughly chop the octopus tentacles. Brown the octopus pieces in a saucepan with EVO oil, unpeeled garlic, and bay leaf. Add the white wine and let it evaporate before adding the tomato puree. Season with salt and chilli pepper and cook the sauce for about 40 minutes.

Cook the Troccoli in abundant salted water for about 5/6 minutes and sauté with the sauce you obtained.

Serve the Troccoli hot with a generous handful of chopped parsley and freshly made salted ricotta curls.

TIPS

The sautéed Troccoli can also be served just with the sauce to use the octopus as a second course.



SAUTÉED TROCCOLI WITH SEA URCHIN GONADS, ON TURNIP GREEN CREAM



INGREDIENTS FOR 4 PEOPLE

440 g of Troccoli
10 fresh sea urchins
200 g of turnip greens
10 g of EVO oil
5 g of fine salt
10 g of fresh chervil

PREPARATION

Open the sea urchins and keep the pulp aside (approx. 80\90 g). Immerse the turnip greens in boiling salted water for 10 minutes; once drained, blend them with the cooking water and EVO oil, in order to obtain a smooth and homogeneous cream.

Cook the Troccoli in abundant salted water for 5/6 minutes, drain, and sauté with the sea urchin pulp, mixing everything with the cooking water to obtain a cream. Complete the dish with a few chopped chervil leaves. In a bowl, pour the turnip green cream, and in the centre compose a nest of the sautéed Troccoli with sea urchin pulp.

TIPS

To preserve the flavour of the sea urchins it is very important to mix them together with the Troccoli with the heat off.



Recipes:

TEAM CHEF



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