

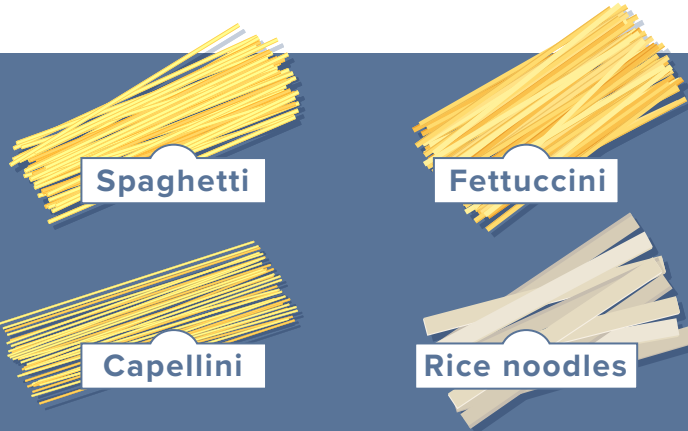
PERFECT

Pasta Pairings

Pasta cuts across cultures, cuisine, age, and dietary boundaries like no other food. It is ideal paired with fresh herbs or canned beans, spicy peppers or mild cheeses. There are hundreds of pasta shapes made all over the world. Here's a guide to help you create your own perfect pasta pairing.

Long Pastas

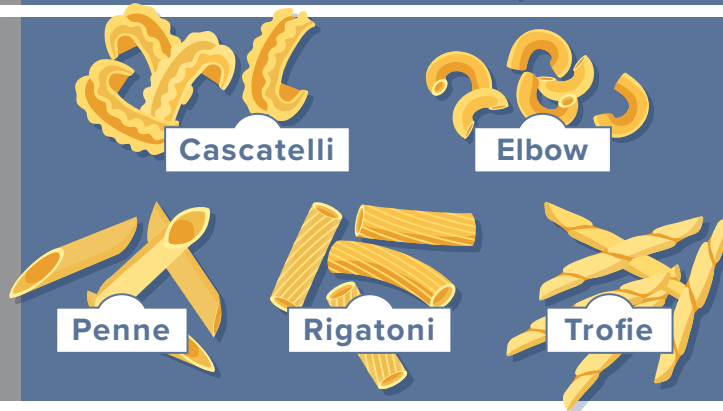
Smooth string-style pastas work best with delicate sauces. Thicker strands offer greater surface area for sauce to cling to.



- Tomato sauce
- Egg-based sauces like carbonara
- Cream
- Olive oil
- Peanut sauces

Short and Ribbed Pastas

Thick, textured sauces cling to the grooves, twists, and tubes of short pastas. Long pastas with thicker strands, such as ribbon-like tagliatelle or tube-like bucatini offer a greater surface area for sauce.



- Pesto
- Bolognese
- Bechamel (cream)
- Eggplant, zucchini and other vegetable-based sauces
- Cheese sauce

Tiny Pastas

Pea-sized “pastine” pasta shapes get lost in a typical pasta sauce. They are ideally suited for broth-based soups and light vegetable soups. Larger sized small pastas can also be used in pasta salad.



- Broths
- Vegetable-based soups (pasta e fagioli)
- Pasta salads
- Egg-based broths

Whole and Ancient Grain Pastas

With a hearty, nutty flavor, these pastas stand up well to robust vegetables, rich meats, and strong cheeses.

Whole grain farfalle

Farro spaghetti

Whole wheat bigoli

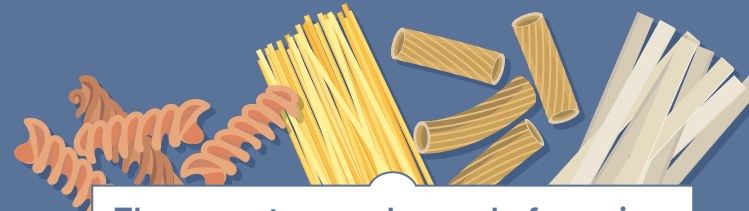
Kamut® rotini



- Umami-rich mushrooms or anchovies
- Cruciferous vegetables
- Leafy greens
- Butternut squash
- Strong cheeses

Alternative Pastas

Most alternative and gluten-free pastas are mild in flavor so work best with light delicate sauces. Bean-based pasta provides more protein than traditional wheat-based pastas and pairs well with carbohydrate- or vegetable-based sauces like tomato or red pepper sauce.



These pastas can be made from rice, corn, quinoa and legume flours like chickpea flour or red lentil flour.



- Tomato sauce
- Butternut squash
- Olive oil
- Butter- or broth-based sauces
- Fresh herbs

Filled Pastas

Stuffed or filled pastas are available both fresh and frozen and offer a wide array of interesting fillings from traditional cheese to earthy wild mushrooms to wild seafood. Pair with fresh herbs, delicate broths, mild cream sauces, and/or seasonal vegetables.



Ravioli



Tortellini



Cappelletti



Cannelloni



- Tomato sauce
- Olive oil
- Butter- or broth-based sauces
- Cream-based
- Fresh herbs like sage and parsley



Cooking Tip

For best results, cook pasta “al dente” or “to the tooth,” which means cooked but not mushy or overdone. To achieve your own al dente pasta, reduce the cooking time on the package instructions by 1 to 2 minutes.