

PASTOLOGY

**Handmade pasta that makes chefs swear and nonnas proud.*

AL DENTE

AS F*CK

Lannoo



CONTENTS

<i>You'll never look at store-bought pasta the same way again</i>	p. 7
<i>How two chefs got stuck indoors and decided to change the pasta game</i>	p. 11
<i>A brief – and brutally honest – history of pasta</i>	p. 17
<i>Why making pasta by hand is a power move and how to not suck at it</i>	p. 27
<i>The holy trinity of pasta mother doughs</i>	p. 33
<i>A very biased guide to pasta shapes by dough type</i>	p. 43
<i>How to not ruin everything you just made</i>	p. 59
<i>Traditional recipes – just not like your nonna made them</i>	p. 63
<i>Modern recipes – think Italian but jet-lagged</i>	p. 105
<i>How to sauce up store-bought pasta, if you must</i>	p. 147
<i>List of recipes & Index of ingredients</i>	p. 159

A VERY BIASED GUIDE TO PASTA SHAPES BY



DOUGH TYPE

Trofie:

Take a tiny piece of “00” flour & water dough, about the size of a hazelnut. Roll it between your palm and the table to form a short, thin log. Flick or twist it lightly with your fingers or the side of your hand (the pinkie side) to create a spiral shape. Make sure it's thinner in the middle and tapered at the ends. The imperfect ones are the best.



Cappellacci:

Cut large squares of egg pasta sheet, around 6-7 cm wide, and place the filling in the center. Fold each square into a rectangle and seal the edges like a classic raviolo. Cut the edges with a fancy pasta cutter. Bring the two shorter corners (on the folded side) together and pinch them firmly. You're aiming for a crooked hat shape: big, bold, and built for ragù.





Cappelletti:

Cut your egg pasta sheet into circles using a round cutter, about 4-5 cm wide. Place a small dot of filling in the center, fold into a half-moon, and seal the edges tightly. Wrap the two tips around your finger and pinch them together to form the classic shape. They should look like little pasta hats: confident, compact, and ready for battle.



Cappelli:

Cut your pasta egg pasta sheet into large squares of around 6-7 cm, using a knife, not a cutter. Place the filling in the center, fold in half and seal the edges, keeping the top straight and flat. Bring the two bottom corners together and pinch to close, like a squared-off Cappelaccio. The final shape should scream rustic elegance – clean lines, strong energy.



TRADITIONAL
RECIPES — JUST



NOT LIKE YOUR
NONNA MADE THEM



Serves 2 people who
deserve a damn
good meal.

MALLOREDDUS WITH GREEN ASPARAGUS & ANCHOVY GLOW-UP

A Sardinian classic gets a spring makeover. Creamy asparagus, crispy tips, and anchovies dropped in like salty plot twists. Totally addictive.

Ingredients

300 g malloreddus (~2 cups/10.6 oz dry) (see page 48)
400 g green asparagus, ends trimmed (~2 cups cut/10.6 oz)
olive oil, liberal drizzle (~3 tbsp/1.5 oz)
60 ml heavy cream (~4 tbsp/2 oz)
60–90 ml pasta cooking water (4–6 tbsp/2–3 oz), reserved
6–9 high-quality anchovy fillets in oil (~30 g/~1 oz total)
salt & black pepper to taste
optional: lemon zest or chili flakes

How to Make It

Prep the asparagus like you mean it. Snap off woody ends, separate tips from stems. Slice stems thinly.

Cook stems until they give up. Heat olive oil, toss stems with a pinch of salt. Add 4–6 tbsp water and cook low for 5–10 minutes until falling apart. Add small splashes of water if needed.

Make it creamy. Blend stems with heavy cream. You want smooth, velvety sauce. Season to taste.

Pan-roast the asparagus tips. In a separate pan, heat 1 tbsp (0.5 oz) olive oil. Sear tips until golden. Lightly salt.

Boil the malloreddus. In a large pot of heavily salted water (~10 g/0.3 oz salt per liter), cook the malloreddus for 8–10 minutes until al dente. Reserve some pasta water before draining.

Toss it all together. Warm the asparagus cream sauce in a pan, add drained pasta, toss. Add reserved pasta water to help emulsify.

Plate it like you care. Serve with seared asparagus tips, and top with anchovy fillets. Optional sass: finish with lemon zest or chili flakes if you're feeling fancy.



PUMPKIN & AMARETTI FAGOTTINI WITH SAGE BUTTER

A Renaissance banger from Mantua. Pumpkin, crushed amaretti, and Parmigiano wrapped in golden pasta, served with butter and fresh sage. Sweet, savory, iconic.

Ingredients

200 g roasted pumpkin, mashed (~¾ cup/7 oz)
30 g grated Parmigiano Reggiano (~¼ cup/1 oz)
10–15 g amaretti cookies, crumbled (~1 tbsp/0.5 oz)
grating of nutmeg, to taste
salt & pepper, to taste
200 g fresh egg pasta, shaped into fagottini (~1 ½ cups/7 oz)
(see page 52)
100 g butter (~7.5 tbsp/3.5 oz)
6–8 fresh sage leaves
optional: Parmigiano Reggiano, to finish; crushed amaretti,
for a crunchy twist

How to Make It

Prepare the filling. Use a dry, sweet pumpkin like Delica or Butternut. Roast it until soft and golden. Let it dry slightly (no one likes soggy fillings). Scoop it, mash it. Mix with Parmigiano, crushed amaretti, nutmeg, salt, and pepper. It should be sweet-salty-savory all in one mouthful. Chill it.

Roll out the pasta & shape the fagottini. As per the instructions on page 52. Cut into squares, dollop of filling in the center, fold diagonally, then pinch to make a pouch. Think: little parcels of emotional damage and fall flavors.

Cook the fagottini. Salted boiling water, for 4–5 minutes.

Make the sage butter. Melt butter in a pan, add sage leaves, let them crisp and infuse that nutty aroma. Take off the heat when golden, not burnt. (Burnt butter is not a vibe. Brown butter is.)

Drain pasta, toss in the sage butter, plate lovingly. Top with a dusting of Parmigiano and – if you're feeling cheeky – a sprinkle of amaretti crumble.

Bruna's Note

Pumpkin and amaretti? Sounds random, right? Wrong. Historical flex: this combo comes straight outta the Gonzaga court of Mantua, where the chefs weren't just making food – they were composing edible symphonies. Back in the 1500s, when pumpkins from the New World started popping up in Italy, those sugar-loving aristocrats thought, “Let's mix this veggie with cookies and see what happens.” And spoiler: it slapped.

Add Parmigiano, nutmeg (which at the time cost more than gold), and BOOM, you've got a dish that tastes like baroque excess and holy indulgence. Still served today across Lombardy and Emilia-Romagna, especially during the holidays, because what says “Christmas spirit” better than buttery carbs and amaretti?

MODERN RECIPES
— THINK ITALIAN



BUT JET-LAGGED

MALLOREDDUS WITH GARLIC, CASSAVA FAROFA & CARNE DE SOL

Italy meets Brazil in a crunchy, salty, smoky showdown. It's aglio e olio after two caipirinhas and a samba lesson.

Ingredients

2 tbsp olive oil (~30 ml/1 oz)
2 garlic cloves, thinly sliced
optional: chili flakes or fresh chili, to taste
1 tbsp butter or oil (~15 g/0.5 oz)
40 g cassava flour (big flakes, not powder!) (~⅓ cup/1.4 oz)
salt, to taste
optional: a pinch of smoked paprika or cumin
60 g carne de sol or beef jerky, shredded and toasted (~½ cup/2.1 oz)
300 g malloreddus (~1 ⅓ cups/7 oz dry pasta) (see page 48)
optional: chopped parsley, lime zest or a tiny squeeze of lime for brightness

How to Make It

Make the garlic oil. Sauté the garlic (and chili if using) in olive oil until golden and fragrant, not burned. Remove from heat, keep warm.

Toast the farofa. Melt butter in a pan, toss in cassava flour, stir constantly until golden and crispy. Season with salt and maybe paprika. This is your crunchy crown.

Crisp the carne de sol. In a hot pan, toast or fry the shredded meat until the edges are golden and it smells intense. You can lightly fry it in a dry pan until crisped, or in a splash of oil for extra indulgence.

Boil the malloreddus in salted water until al dente. Save some of the cooking water.

Assemble the dish. Toss drained malloreddus with garlic oil and a spoon or two of pasta water. Top with farofa, carne de sol, and optional herbs and lime.

Bruna's Note

I'm Brazilian, and this is my love letter to both countries. The chewy pasta, the garlic, the toasted farofa crunch, and that beef?



TROFIE WITH MAPO TOFU SAUCE

It's not fusion. It's full-on possession. Spicy, garlicky, crunchy, fermented, silky tofu on chewy pasta twists. This ain't a gentle embrace. This is a slap from both continents at once. If you serve this to your Italian aunt she might cry. And then ask for seconds.

Ingredients

120 g firm tofu, cut into cubes (~¾ cup/4.2 oz)
1 tsp neutral oil, to pan-fry
3 tbsp chili oil (~30 ml/1 oz)
6 garlic cloves, minced
2 spring onions, finely sliced (plus extra to top)
150 g ground pork or beef (~1 cup/5.3 oz)
1½ tbsp doubanjiang (fermented broad bean paste) (~22 g/0.75 oz)
1½ tbsp soy sauce (~22 ml/0.75 oz)
optional: 1 tsp Sichuan peppercorns, crushed
300 g trofie (~2 cups/10.6 oz dry pasta) (see page 50)
salt, to taste

How to Make It

Pan-fry the tofu in a nonstick pan with a bit of oil. Let it get golden and crispy on a few sides. Remove and set aside.

In the same pan, heat chili oil. Add garlic and spring onions. Sizzle until aromatic. Add the minced meat, sear hard until crispy and browned.

Add doubanjiang and soy sauce. Stir everything together to create a spicy, rich mess. Add tofu back in. Sprinkle in some crushed Sichuan pepper for the classic tingly drama.

Boil the trofie in salted water until al dente. Save some cooking water.

Toss the pasta with the Mapo tofu sauce. Add a splash of pasta water if needed to make the sauce cling to the pasta.

Top with fresh spring onion slices. Serve like the unapologetic legend you are.



LIST OF RECIPES

Traditional recipes – just not like your nonna made them

Malloreddus with Green Asparagus & Anchovy Glow-Up	p. 65
Orecchiette with Sausage & Rapini	p. 67
Trofie al Pesto with Potatoes & Green Beans	p. 69
Pici alle Briciole	p. 71
Fregula with Clams, 'Nduja & Lemon Zest	p. 73
Tagliolini burro e lievito	p. 75
Tagliatelle with Classic Ragù alla Bolognese	p. 77
Pappardelle with Wild Boar Ragù	p. 79
Sorpresine with Pea Cream, Goat Cheese & Caper Flowers	p. 81
Farfalle with Saffron & Bone Marrow	p. 83
Spinach & Ricotta Ravioli with Lemon Butter	p. 85
Tortellini in Capon Broth	p. 87
Fettucine Alfredo	p. 88
Cappelletti with White Asparagus Cream & Crispy Pancetta	p. 89
Cappellacci di Mortadella with Cream Sauce	p. 91
Tortellacci with Ricotta, Pears, Walnuts & Gorgonzola Sauce	p. 93
Pumpkin & Amaretti Fagottini with Sage Butter	p. 95
Cacio e Pepe Caramelle with Beurre Noisette	p. 97
Cappelli with Ricotta, Lemon & Zucchini Blossoms	p. 99
Casunziei all'Ampezzana	p. 101
Vincisgrassi	p. 103

Modern recipes – think Italian but jet-lagged

Malloreddus with Garlic, Cassava Farofa & Carne de Sol	p. 106
Orecchiette with Kimchi, Charred Corn & Black Truffle	p. 108
Trofie with Mapo Tofu Sauce	p. 110
Pici with Miso Cream & Lao Gan Ma	p. 112
Fregula Sarda with Chili-Style Topping & Sour Cream	p. 114
Tagliolini "Noodles" in Mushroom Broth	p. 116
Tagliatelle with Creamy Cajun Shrimp Sauce	p. 118
Pappardelle with Koresh Bademjan & Barberries	p. 120
Lasagna al Vol-au-Vent	p. 122
Sorpresine in Tom Kha Kai	p. 124
Farfalle with Mussels, Guanciale & Salty Herbs	p. 126
Ravioli with Feta, Ricotta & Honey	p. 128
Tortellini with Asado Negro	p. 130
Cappelletti Banh Mi-Style	p. 132
Fagottini with Duck, Burnt Orange Butter & Five Spice	p. 134
Cappelli with Grey Shrimp Béchamel	p. 136
Roasted Bell Pepper & Red Curry Cappellacci	p. 138
If Bocuse Made Caramelle	p. 140
Ham and Pineapple Pappardelle	p. 141
Shish Barak, but Make It Pasta	p. 142
Tortellacci with Eggplant, Ricotta & Muhammara	p. 144