

# SHELF TALKERS

PRINT AND CUT TO HANG ON YOUR SHELF

*Manicaretti*  
Italian Food Importers



Rustichella d'Abruzzo

## **Farro Couscous** *from: Abruzzo, Italy*



The nutty flavor & pleasant chewy texture of this unique couscous comes from 100% stone ground farro semolina.

**Uses:** Serve with a meat ragù or stir into warm soups. Use as the base for salads filled with grilled vegetables & fresh herbs.

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## **Farro Pizzichi** *from: Abruzzo, Italy*



Pizzichi means "pinches" in Italian. Dough made from 100% stone ground farro flour is shaped into small lasagne, then cut into 1-inch pieces.

**Uses:** Delicious baked as a mac & cheese with aged gruyere. Try pairing with sautéed mushrooms.

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## **Farro Penne Rigate** *from: Abruzzo, Italy*



Made with 100% stone ground farro semolina, this pasta has a high nutritional content & rustic, nutty flavor.

**Uses:** Ideal for sauces with ground meat or hearty chopped vegetables. Pair with fall flavors like roasted pumpkin and sage.

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## **Farro Spaghetti** *from: Abruzzo, Italy*



The farro flour used in this pasta gives it a rich, nutty flavor & hearty, toothsome texture. It is high in protein & low in gluten.

**Uses:** Toss with sautéed greens, mushrooms, & red pepper flakes. Also delicious in a simple tomato sauce.