

FIND FLAVOR SUCCESS: TIPS FOR WHOLE GRAIN PASTA MENUING



Whole Grain

Just a few years ago, whole grain pasta was a mystery to most. With 75% of consumers trying to eat more foods with whole grains in 2012,¹ a growing number are discovering the flavorful nuances of whole grain pasta.

WHOLE GRAIN FLAVOR PAIRING



Though *Barilla*® Whole Grain has a mild, neutral flavor profile thanks to its blend of whole grain wheat and semolina, whole grain pastas in general can bring slightly bitter, nutty and grainy flavor notes from the wheat bran. As a result, acidic sauces like lemon cream or agro-dolce don't tend to work as well, including some purely tomato-based sauces. Delicate sauces such as light dairy sauces don't do enough to balance those flavors, and can't match their intensity. Sweeter sauces tend to work better, as do savory, umami-rich sauces. Look to sauces and ingredients that can either complement or mask the whole grain flavor for best results.



BARILLA® WHOLE GRAIN SPAGHETTI WITH OVEN-DRIED TOMATOES AND PISTACHIO-SAGE PESTO

1. Sources: IFIC Food & Health Survey, 2012

WHOLE GRAIN PASTAS ARE TRADITIONAL IN NORTHERN ITALIAN COOKING

As a result the ingredients found in the North tend to pair well – Parmesan and other aged cow's-milk cheeses, porcini mushrooms, pork sausages and cured hams.

INGREDIENT PAIRINGS:

- Using nuts like pistachios, walnuts or almonds in pestos can complement and round out the nutty flavors already present in Whole Grain pasta
- Mushrooms of all types, but especially earthy wild and exotic types like morels, porcini or chanterelle pair very well, especially when roasted
- The natural sweet-savory flavors of seafood work very well with whole grains, and as a lighter protein can be appropriately healthier fare for those that are seeking it
- Aged cow's-milk cheeses of Northern Italy, like Parmigiano-Reggiano and its kin
- Heat from chilies or crushed red pepper flakes (peperoncino) can provide an excellent counterpoint to whole grain pasta flavor
- Assertive vegetables like kale, cauliflower, cabbage, broccoli rabe or other cruciferous vegetables tend to work well, especially accented with a little bit of pancetta or bacon
- The natural sweetness of winter squashes, carrots and other root vegetables – especially when enhanced by roasting – pairs nicely with whole grain flavors
- Savory umami or flavorful roasted mushrooms, like black trumpet, hedgehog, lobster and chanterelle, make delicious pairings



BARILLA® WHOLE GRAIN THIN SPAGHETTI WITH ZUCCHINI PARMESAN



Whole Grain

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