



# ALTERNATE GRAIN PASTA

*Our range of Alternate grain Pasta includes three organic varieties; Kamut, Farro, Maize (gluten free) and three varieties called Bigoli made using a bronze drawn dye: Radicchio, Mori (coarse grain) and Bianchi (thin grain).*

## ORGANIC RANGE

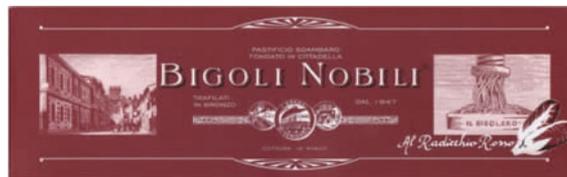


Maize (gluten free)

Spelt

Kamut

## BIGOLI RANGE



*Radicchio (red chicory)*



*Mori (coarse grain)*



*Bianchi (thin grain)*

*All of these varieties are a great alternative to ordinary wheat pasta.*

*Distributed by*



# Gluten Free Maize Pasta

*At last! A true top quality gluten free pasta made by Pastificio Sgambaro from 100% organic and GM free Maize flour.*

*Maize is a cereal cultivated from corn. It does not contain any gluten whatsoever and is therefore suitable for celiacs who cannot tolerate any gluten in their diets. A great alternative to wheat, Maize offers the same taste and texture as regular wheat pasta so you wont be missing out on that pasta experience.*



*Maize Spaghetti 500g Pack*

*Maize was first cultivated 3500 years ago in the highlands of Mexico. Its use became rapidly spread across Europe especially in Italy where it is commonly used in the traditional dish "Polenta".*

- *Suitable for celiacs*
- *Organic*
- *A great alternative to ordinary wheat pasta*

*Di Leo Foods is the sole distributor of this pasta to the sydney region*



# Farro (Spelt) Pasta

*The type of gluten found in this grain makes it easily digested and suitable for people who are sensitive to ordinary wheat.*

Chances are that you may not have heard of whole grain farro pasta. Made from the ancient and wonderfully delicious and nutritious grain known as farro. Farro or Spelt is a cereal grain that has been used throughout Europe for centuries. The type of gluten found in this grain makes it easily digested and suitable for people who are sensitive to ordinary wheat.

What differentiates this grain from ordinary wheat is its husk, which adheres to the grain as in barley or oats. This is what makes farro more superior than commercial wheat. Not only does it protect the kernel from insects allowing harvesters to avoid pesticide use, but it also helps to retain nutrients and maintain freshness.

The grain naturally contains important dietary and nutritional requirements. It is high in fiber and contains 40% more protein than ordinary wheat. Farro is also higher in B complex vitamins, and both simple and complex carbohydrates. It is packed with vitamins and minerals, as well as oils which enhance its fibrous properties.

There are other advantages to Farro pasta. For one thing it is tremendously flavorful. Its mild, nutty flavor makes other pastas seem tasteless by comparison and it has remarkable body and retains its bite and texture even after reheating.

Finally, even if you remain unconvinced by the fiber, protein, and flavor advantages, there is the reality that farro whole grain pasta is the choice of many athletes before competing. Providing both quick and sustained energy through its string of complex carbohydrates.

When cooking, remember not to stir during the first minute because farro pasta is more fragile than durum wheat pasta. Farro pasta, like all pastas, should be cooked with at least 4 parts water. Sgambaro farro spaghetti is wonderful tossed with olive oil, fresh herbs and garlic, or butter and freshly grated Pecorino Romano cheese.

While we'd never forego taste for healthfulness, if we can find both in one place, you can count us in! So if you're looking for a new idea that's been tested by the ages, try a packet of Sgambaro farro pasta available from Di Leo Foods.



Farro (Spelt) Spaghetti 500g Pack



# Kamut Grain Pasta

*Recognised internationally as a superior quality pasta, this pasta is easily digested and suitable for people allergic to wheat.*

*Kamut is an ancient grain however it is a relatively new cereal to the western world. It is two to three times the size of modern wheat with 20 – 40% more protein. It contains a higher amount of lipids, amino acids, vitamins and minerals. It is rich and buttery in flavor with a subtle sweet taste and is easily digested. Sgambaro Kamut pasta is also made from 100% Kamut flour and is ICEA certified organic.*

**Contains 40% more protein**



*Kamut Spaghetti 500g Pack*

*Compared to common wheat it is higher in eight out of nine minerals containing up to 65% more amino acids and boasts more lipids and fatty acids. The most striking superiority of Kamut Pasta is found in its protein level. This pasta contains up to 40% more protein than commercial wheat and because kamut pasta contains a strong gluten in its protein it can be frozen and reheated without losing its bite and texture.*

*A bowl of Sgambaro kamut pasta will provide you with more energy than the carbohydrates found in wheat and will add valuable nutrition to your diet. Kamut will also satisfy hunger pangs as well as urges for snacking between meals.*

*Perhaps the most significant aspect of Kamut brand wheat is that it is an important crop for sustainable agriculture. The grain has the ability to produce high quality without artificial fertilizers and pesticides making it an excellent crop for organic farming. This is because its tough husk which adheres to the grain protects it from insects and maintains freshness after harvesting. This plant is untouched by modern plant breeding programs, which appear to have sacrificed flavor and nutrition for higher yields.*

*Kamut is also an excellent alternative for people who suffer allergies to common wheat. For these people kamut grain has become “the wheat you can eat”*

*So if you are looking for a new idea that has been tested by the ages and is nutritious and high in protein try a packet of Sgambaro kamut pasta today.*

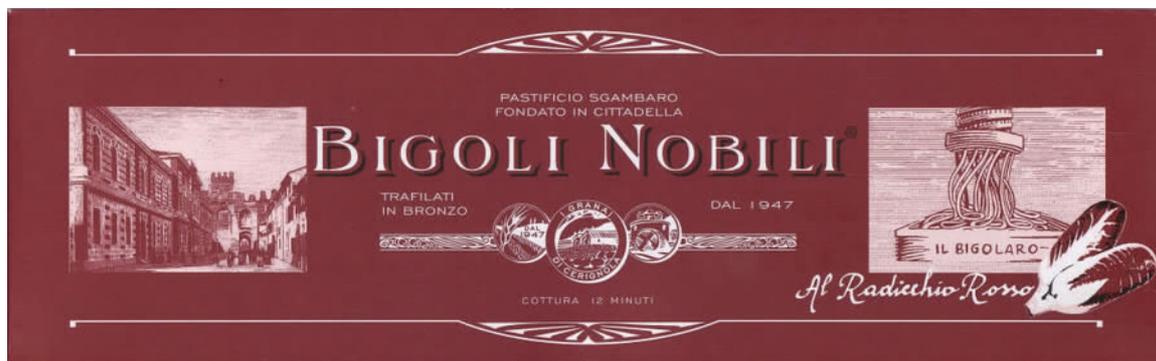


*Used in exclusive restaurants all over the world Sgambaro Bigoli al radicchio is a pasta infused with radicchio, a rich wine-red slightly bitter lettuce of the Veneto region in Italy.*



Prized Red Radicchio from Treviso Italy

## *Radichio Infused Pasta*



Bigoli al Radicchio 500g Pack



Red Lined Radicchio Lettuce

*Made using a hundred year old tradition and inspired by the 1930's when pasta was still produced by artisans, this pasta is produced using a bronze drawn dye a devise that gives this pasta its unique properties.*

*This pasta goes well with tomatoless sauces, which enhances the slightly bitter taste of the red radicchio. Accompanied with the sweetness and intensity of cold sliced meats like Italian sausages or pancetta (Italian bacoon) and tasty vegetables like onion, garlic and leek, this great pasta can make for quite an exquisite meal.*



# I BIGOLI NOBILI

## A HUNDRED YEAR OLD TRADITION OF ITALIAN CUISINE

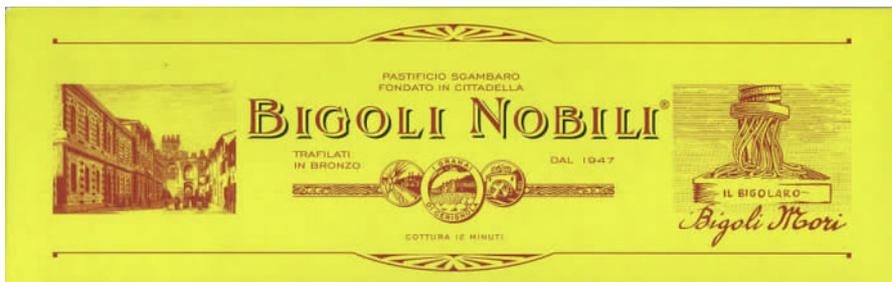
*The art of making Bigoli is the heritage of many areas in the Veneto region of Italy*

*"Il Bigolaro" a bronze drawn dye is used to make Bigoli Nobili. This ancient device and a recipe carried down over the centuries is what gives this pasta its unique properties.*

*The Bigoli range has been awarded the "Accademia Italiana della Cucina" a prestigious award for products of Italian cuisine.*

*All parts of this pasta is inspired by the 1930's when pasta was produced by artisans and sold loose in elegant shops in large towns.*

### BIGOLI MORI (COARSE GRAIN)



*Bigoli Mori is a coarse grain pasta with a big caliber. It combines well with all kinds of pesto sauces, raw sauces, or intense*

*sauces based on meat, fish or cheese. For a simple tasting sprinkle pasta with pecorino romano and a dash of extra virgin olive oil.*

### BIGOLI BIANCHI E SOTTILI (WHITE & THIN)

*Bigoli Bianchi e` Sottili which translates to white & thin is intended to be prepared with sauces based on fish and shellfish or*



*with delicate in season vegetables. For a simple sauce simply sweat two thinly sliced onions and one clove of chopped garlic then add a punnet of halved cherry tomatoes Simple sauces enhance the lightness of this pasta.*

*So come and join us and experience true Italian culinary tradition as it was hundreds of years ago. Try a packet of Bigoli Nobili from Di Leo Foods you will notice the difference.*

