

PASTA & SAUCE PAIRING SUGGESTIONS

When pairing a cut of pasta to a type of sauce, the chef is always in charge! There are no rights or wrongs as long as your diners enjoy the dish. However, for those looking for a suggestion or two, the following tips may be helpful.



LINGUINE WITH ROMANO CHEESE AND BLACK PEPPER

ROUND LONG SHAPES –

(Angel Hair/Capellini, Thin Spaghetti, Spaghetti, Thick Spaghetti, Spaghetti Rigati)

Light and dainty, **Angel Hair** pasta works best with:

- Simple, light tomato sauces
- Light dairy sauces
- Broths, consommés and soups

Slightly thicker than Angel Hair, **Thin Spaghetti** is often used with seafood-based sauces (like tuna) or oil-based sauces, such as:

- Light structured sauces that balance the delicacy of this long, thin shape

Long and thin, yet not too fine, **Spaghetti** is one of the more versatile shapes of pasta and pairs well with just about any kind of sauce, including:

- Oil-based sauces
- Simple tomato sauce with or without meat or vegetables
- Fish-based sauces
- Carbonara

Thicker in diameter than regular Spaghetti, **Thick Spaghetti** gives a fuller taste to sauces, the following of which are recommended:

- Fish-based sauces
- Extra-virgin olive oil with fresh aromatic herbs and garlic
- Carbonara

Rigati, in Italian, means “ridged” and **Spaghetti Rigati**, because of its extra grooves, tends to hold more sauce than its smooth-shaped counterparts. Excellent with:

- Thick, spicy sauces
- Refined dairy-based sauces like *Barilla*® Three Cheese or a mushroom cream sauce
- Chunky meat- or vegetable-based sauces

FLAT LONG SHAPES –

(Fettuccine, Fettuccine Rigate, Linguine, Linguine Fini)

Fettuccine and **Fettuccine Rigate** are thicker, flat, long shapes, which can withstand extremely robust sauces:

- Dairy-based, oil-based or tomato-based sauces
- Sauces combined with meat, vegetables, seafood or cheese

Linguine and **Linguine Fini** pair best with traditional pesto. However, other ideal matches include:

- Tomato sauces
- Oil-based sauces
- Fish-based sauces



FETTUCCINE FETTUCCINE RIGATE LINGUINE LINGUINE FINI



FROM LEFT TO RIGHT:
ANGEL HAIR/CAPELLINI, THIN SPAGHETTI,
SPAGHETTI, THICK SPAGHETTI, SPAGHETTI RIGATI



ANGEL HAIR WITH CHERRY TOMATOES AND BASIL



LASAGNE, WAVY LASAGNE



JUMBO SHELLS



MANICOTTI



LASAGNE WITH SEAFOOD AND SAFFRON

BAKING SHAPES –

(Lasagne, Wavy Lasagne, Jumbo Shells, Manicotti)

These famous shapes, known for their solid consistency and heartiness, are most often paired with robust, flavorful sauces and stuffed with delectable fillings. To facilitate oven baking, sauces should be moisture-rich and include:

- Meat-based sauces like traditional Bolognese
- Any *Barilla*® sauce
- Dairy-based sauces like a classic Béchamel
- Vegetable-based sauces

ELBOW SHAPES –

(Elbows, Pipette)

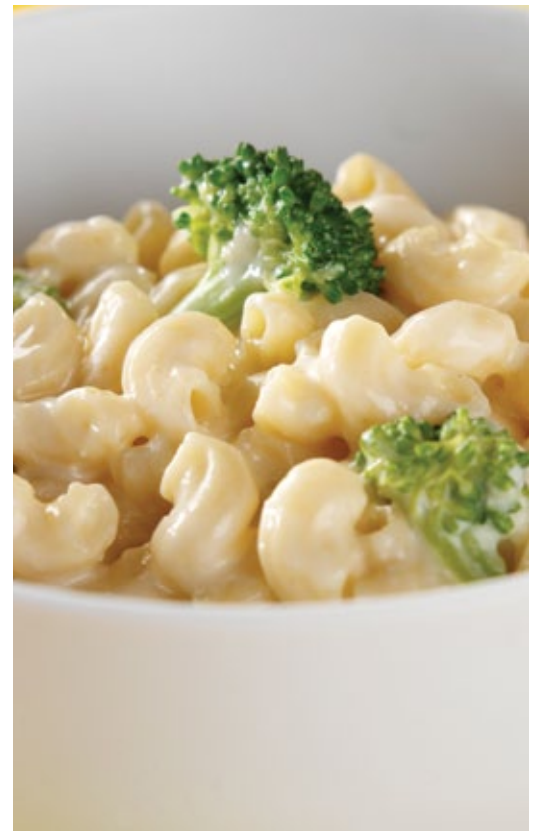
Elbows are used widely in American-inspired pasta salads and in the American favorite – macaroni and cheese. Traditional Italian dishes might include:

- Dairy-based sauces
- Tomato-based sauces with or without vegetables
- Chunky fish/meat-based sauces



ELBOWS

PIPETTE



BARILLA® PLUS® ELBOWS AND BROCCOLI BAKE

SHELL SHAPES –

(Conchiglie Rigate/Large Shells, Medium Shells)

Conchiglie Rigate/Large Shells work well with:

- Vegetable-based sauces
- Heartier meat- or tomato-based sauces
- Shellfish sauces



CONCHIGLIE RIGATE/LARGE SHELLS

Medium Shells are widely used in American-inspired pasta salads and, like **Elbows**, in macaroni and cheese. Traditional Italian usage might include:

- Dairy-based sauces
- Tomato-based sauces
- Pasta salads
- Meat sauces



MEDIUM SHELLS



WHOLE GRAIN MEDIUM SHELLS WITH ROASTED CAULIFLOWER AND CHERRY TOMATOES



ORZO BUTTERNUT SQUASH SOUP

SOUP SHAPES –

(Pastina, Orzo, Ditalini, Stelline, Cut Spaghetti)

These shapes are typically served all across Italy in children's meals. Soup shapes are also ideal as a tasty alternative to rice.

Pastina and **Stelline** are delicate and ideal for:

- Light vegetable-, meat- or fish-based broth soups



PASTINA



STELLINE

Orzo, **Cut Spaghetti** and **Ditalini** work well with:

- Vegetable soups with peas, lentils and chickpeas
- Cream-based soups
- Legumes/bean soups



ORZO



CUT SPAGHETTI



DITALINI



PLUS® FARFALLE WITH SUN DRIED TOMATOES, WALNUTS, BASIL AND PARMIGIANO CHEESE

SPECIALTY SHAPES –

(Campanelle, Farfalle, Fiori, Orecchiette, Tri-Color Fiori)

Elegant and inspiring, these specialty shapes are especially good with:

- Hearty, dairy-based sauces
- Vegetable sauces
- Meat sauces
- Fish-based sauces
- Robust tomato-based sauces



ORECCHIETTE



FIORI



TRI-COLOR FIORI



CAMPANELLE

Farfalle is ideal when paired with intense fragrances and flavors:

- Light sauces with vegetables and fish
- Dairy-based sauces
- Simple oil-based sauces
- Pasta salads



FARFALLE

TUBE SHAPES –

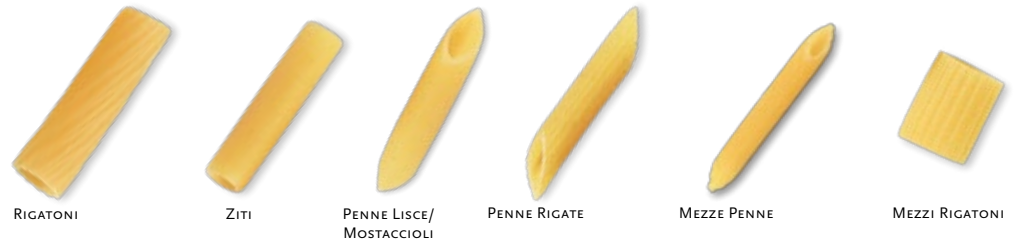
(Mezze Penne, Mezzi Rigatoni, Penne Lisce/Mostaccioli, Penne Rigate, Rigatoni, Ziti)

These thick tubes work best with full flavor sauces. The larger diameter and ridges of **Penne** and **Rigatoni** allow them to retain sauces well on all surfaces. Tubes pair well with:

- Chunky meat or vegetable-based sauces (especially the ridged shapes)
- Refined dairy-based sauces like *Barilla® Three Cheese* or a mushroom cream sauce
- Fresh, light sauces like olive oil or simple fresh tomato (especially the smooth shapes like Penne Lisce/Mostaccioli Ziti)
- Fish-based sauces
- Tomato sauces or spicy sauces



PASTA ALLA NORMA

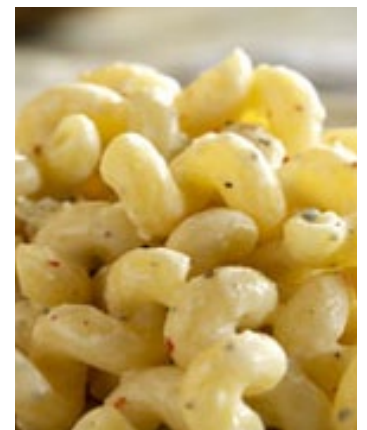
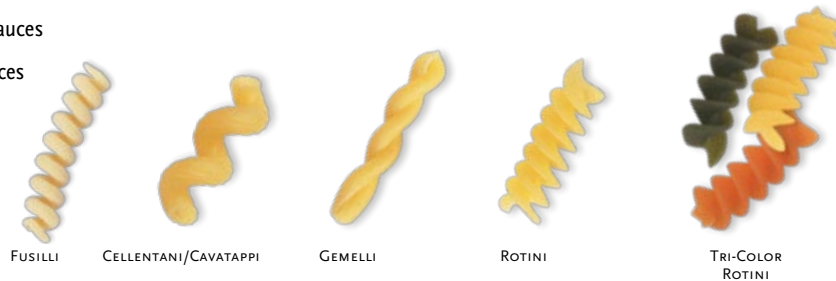


TWIST SHAPES –

(Cellentani/Cavatappi, Fusilli, Gemelli, Rotini, Tri-Color Rotini)

Twists and spirals are often used in American pasta salads and are also great with both refined and simple sauces. Traditional Italian dishes might include:

- Light tomato sauces with or without vegetables
- Dairy-based sauces
- Oil-based sauces



CELLENTANI WITH GORGANZOLA CHEESE SAUCE

FILLED SHAPES –

(Tortellini, Tortelloni)

Filled shapes are best cooked in a simple chicken broth or paired with a light cream sauce. The larger **Tortelloni** can take on heartier, more substantial sauces, including butter, cream or vegetable-based sauces.



CHEESE AND SPINACH TORTELLINI WITH DICED VEGETABLES