

# PRODUCT REVIEW: ANCIENT GRAIN PASTA



One thing we have to thank organics for is the re-emergence of flavour-rich, nourishing grain products reports Dom O'Brien of the Organic Supersite, as he reviews the Certified Organic Ancient Grain Pasta Range from Casalare

PRODUCT	INGREDIENTS
Spelt Pagodas	Triticum Spelta, water
Kamut Rigatoni	White Kamut Flour, water

I believe that commercial pastas and breads are so refined and over processed that they have lost all trace of the original grain taste.

In stark contrast, organic brands often use superior tasting grains, and recipes have a simplicity that respects the embodied flavour lying dormant in the raw product.

Kamut and Spelt are ancient grains closely related to wheat, though they are higher in protein and more digestible than other varieties of wheat. When you combine organic growing methods and old-fashioned recipes with flour from ancient Spelt and Kamut grains, you have the intriguing pastas Casalare produce.

## FLAVOUR

The Spelt Pagodas have a 'smooth' taste that really appeals to me, while Kamut Rigatoni has a stronger, sharper flavour. These flavours are not overpowering but are certainly noticeable, and are strong enough to compliment any style of sauce.

## ORGANIC INGREDIENTS

These products contain only certified organic flour and water. Although pasta uses relatively few ingredients at any time, I'm glad to see that these products have nothing else added, not even salt. This says to me that the raw product is of a high enough quality that surplus ingredients are not required. My only question is whether the water is filtered.

## PRICE

These two pastas are at the gourmet end of the market but worth the extra dollar or two for the quality. I also found to my surprise that I didn't need to eat as much to be satisfied – often the case with more nutritional organic products.

## AVAILABILITY

Casalare's organic lines, including these two products, are available in health food stores. They are also available by mail order from the Casalare website [www.casalare.com.au](http://www.casalare.com.au)

## 'NATURALNESS'

We really want food to be as close to its natural state as possible so I am pleased that a natural slow drying process is used to retain texture, flavour, and nutrients. I personally prefer wholemeal ingredients, but Casalare said that the wholemeal flour is too heavy for the extruders to handle. The Kamut Rigatone is made with white Kamut flour, and despite not being wholemeal, I was very impressed with its rich aroma and unique flavour.

## LABELING

As consumer awareness grows, it is increasingly important for manufacturers to display their certification number, and logo of the certifying organisation on the package. Casalare does this and also displays a short history and explanation of these grains.

Discover a whole new dimension of pasta enjoyment with these products.

