

MAMMAMIA
BESTFRIEND IN KITCHEN

THE RECIPE BOOK

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MAMMAMIA is a line of products inspired by the Italian tradition. Dedicated to those who love the taste and genuineness of home-made food and to those who want to rediscover the passion for culinary art in their own kitchen through simple gestures.

PASTA MACHINE

**LITTLE
MAMA**

CAVATELLI & GNOCCHETTI

LITTLE MAMA brings to the table two delicacies of the Mediterranean cuisine: cavatelli and Sardinian gnocchetti are quick and fun to prepare. Delicious and tasty dishes to be shared with friends.

LITTLE MAMA is the home-made pasta machine that combines the pleasure of tradition and healthy eating with today's fast-paced living. In fact, in just a few moments, cavatelli, smooth or striped, and gnocchetti will be ready to be cooked and served with your favorite condiment.

ASSEMBLY INSTRUCTIONS



- Place the machine support stand on a flat work surface.
- Tighten the screw located at the bottom.
- Insert the crank in the appropriate hole, locking the cylinders and screwing it clockwise.

Machine cleaning.

It is recommended to clean the machine before use, in order to remove any residues that could tear your fresh pasta. **CAUTION:** do not wash the machine! A simple knife or toothpick is sufficient to remove any dough residues.

Simply use a damp cloth to clean the external surfaces.

DOUGH

Pasta is one of the staple foods of the Mediterranean diet. A crown jewel of Italian gastronomy, loved all over the world for its extraordinary features.

We have gotten used to buying it on supermarket shelves due to lack of time or lack of practicality, yet we have certainly not forgotten the goodness of homemade pasta.

BIG MAMA and **LITTLE MAMA** combine the pleasure of tradition and healthy eating with today's fast-paced living. In just a few moments spaghetti and tagliatelle, cavatelli and gnocchetti, will be ready to be cooked and served with your favorite condiment. Here are some simple ideas for your dough.

SIMPLE PASTA



Ingredients

Durum wheat flour-300 gr.

Water- as needed

Create a fountain of flour on the pastry board by making a central cavity where you will pour the cold water.

Continue to pour the water a bit at a time and collect the flour from the edges of the fountain, until it runs out. Knead the dough for roughly 10 minutes until it is smooth and elastic. Then cover the dough with a linen or cotton cloth and let it rest for about 30 minutes.

EGG PASTA



Ingredients

Durum wheat flour- 300 gr.

3 free range eggs

Create a fountain of flour on the pastry board and place the eggs in the center.

Using your fingertips, mix the eggs and flour.

Work the mixture vigorously, squeezing it and kneading it for roughly ten minutes until you see a smooth and elastic dough.

Then cover the dough with a linen or cotton cloth and let it rest for about 30 minutes.

SEMOLINA PASTA



Ingredients

Durum wheat flour - 150 gr. Semolina flour - 150 gr.

Water - as needed

2 tablespoons of extra-virgin olive oil

Start by mixing the two flours in a bowl.

Then place the mixed flour on the pastry board and create a flour fountain.

Add water a little bit at a time and mix it with the dough.

Finally add the olive oil and continue to knead until you get a smooth and soft dough. Then cover the dough with a linen or cotton cloth and let it rest for about 30 minutes until it reaches good elasticity.

GREEN PASTA WITH SPINACH



Ingredients

Durum wheat flour- 300 gr.

Spinach - 70 gr.

(cooked and chopped)

Water – as needed

Blanch the spinach, dry and chop finely.

Create a fountain of flour on the pastry board and start pouring the cold water into the central cavity a little bit at a time, while kneading the flour.

Add the chopped spinach to the mixture and continue to pour the water, collecting the flour from the edges of the fountain, until it is all used up.

Keep kneading until the dough is smooth and elastic.

Then cover the dough with a linen or cotton cloth and let it rest for about 30 minutes.

DOUGH MIXTURES

PURPLE PASTA WITH BEET



Ingredients

*Durum wheat flour - 300 gr.
Beetroot - 90 gr. puree Water - as
needed*

Cook the beet in the oven and, once ready, place it in a vegetable masher. Then create a fountain of flour on the pastry board and start pouring cold water a little bit at a time into the central cavity, while kneading the flour. Add the beet mixture and continue to pour in water and collect the flour from the edges of the fountain, until it is all used up. If the dough is too moist, add more flour until it is firm and elastic. Then cover the dough with a linen or cotton cloth and let it rest for about 30 minutes.

BROWN PASTA WITH COCOA



Ingredients

*Durum wheat flour - 300 gr.
Cocoa - 2/3 tablespoons, to taste
Water - as needed*

Create a fountain of flour on the pastry board and start pouring cold water a little bit at a time into the central cavity, while kneading the flour. Add the cocoa using a sieve and continue to knead by pouring water and collecting the flour from the edges until you get a smooth and elastic dough. Then cover the dough with a linen or cotton cloth and let it rest for about 30 minutes.

PASTA FOR COELIACS



BIG MAMA and **LITTLE MAMA** allow you to work doughs obtained with all types of flour, even flour without gluten that is suitable for coeliacs. It is very important to remember to mix different types of flour (for example corn flour with rice flour). Keep in mind that these absorb more water than regular wheat flour.

Indulge yourself by coloring the pasta as you like. Simply add vegetables or spices to the base mixture. Spinach, saffron and aromatic herbs are the most used ingredients. For a more particular flavour, try the cocoa or squid ink pasta.

SOME SUGGESTIONS



- Always use very fresh eggs, possibly from free-range hens. If you store eggs in the refrigerator, wait for them to reach room temperature.
- When kneading, ideally a rough surface should be used. We recommend a wooden pastry board.
- Add olive oil to the flour to get a more elastic dough. Add some milk if you wish to make the dough crumblier.
- To help you roll out the dough more easily, divide it into two or more parts and use a rolling pin.
- If you want to prevent the pasta from sticking while cooking, add a drizzle of oil to the cooking water.
- The pasta can be stored in the refrigerator for a couple of days, covering it with plastic wrap. If you want to store it longer, you can let it dry completely for a day and then store it in the refrigerator, in airtight trays. You will discover how much fun it is to make your own pasta!

CAVATELLI

Cavatelli ("cavatiell" in Molise dialect) are a traditional Molise region pasta, subsequently acquired from some areas in the Puglia region, where they are called "capunti". Traditionally they are prepared with a mixture of durum wheat semolina and water. Potatoes are sometimes added depending on one's tastes. They have an elongated shape with a hollow inside. This allows the sauces to adhere better to the pasta, thus obtaining a fantastic result!

Preparing cavatelli

Once you have chosen and prepared the dough you prefer, cut off pieces, flatten them and roll them up with your fingers until you get long strings, 4 mm thick and roughly 3 cm wide. Insert the string of pasta between the two rollers of the machine and slowly accompany it by turning the crank. To obtain excellent smooth cavatelli, use the left (outermost) side of the roller. It takes very little to get the swing of it and you will see that in an instant you will have a heap of perfectly shaped cavatelli.

RECIPES FOR

**BIG
MAMA**

**LITTLE
MAMA**

CAVATELLI WITH SEMOLINA FLOUR AND ARTICHOKEs

Wash and clean the artichokes down to the heart. Cut them in half, remove remaining bracts and cut them into wedges.

You can also use the first 4/5 centimeters of the stem. Simply remove the outer part with a potato peeler and slice them about half a centimeter thick. Then leave them to soak in water and lemon juice for about 20 minutes. Wash the parsley and chop it with a knife on a cutting board.

Heat the broth and brown the peeled garlic in a pan with the olive oil. Add the well-drained artichokes and sauté them over high heat for a couple of minutes. Lower the heat, add a ladle of broth, salt, pepper, chopped parsley and continue cooking over medium heat with a lid for about 10-15 minutes.

Boil the cavatelli in abundant salted water and, just before draining them, add half a ladle of cooking water to the saucepan, then turn on the heat. Toss the drained cavatelli over high heat in the saucepan for a few minutes, stirring frequently and add the lemon zest previously grated.

Serve immediately garnishing with chopped parsley, freshly grated pepper and a drizzle of olive oil.

Enjoy your meal!

Ingredients

- 400 gr. of fresh cavatelli
- 4 artichokes
- Grated zest and juice of 2 lemons
- 4 bunches of parsley
- 100 ml of vegetable broth
- 2 garlic cloves
- 4 tablespoons extra virgin olive oil
- Salt and freshly ground pepper

CAVATELLI SALAD WITH VEGETABLES AND FINOCCHIONA

Putzen und waschen Sie das Gemüse und schneiden es dann in möglichst kleine Stücke. Vierteln Sie die Kirschtomaten und hacken Sie die Schalotte in feine Stücke. Braten Sie alles in einer großen Pfanne mit einem Spritzer extra nativem Olivenöl einige Minuten bei starker Hitze an, wobei das Gemüse nicht zu dunkel werden, aber eine leichte Bräunung bekommen sollte.

Kochen Sie die Cavatelli in reichlich Salzwasser. Sobald die Cavatelli "al dente" sind, lassen Sie sie abtropfen und vermischen sie mit den anderen Zutaten in der Bratpfanne. Schneiden Sie die Salami während die Cavatelli abkühlen in etwa 1 cm große Würfel. Runden Sie den Cavatelli-Salat mit Gemüse und Finocchiona-Salami nun durch Zugabe der Salamiwürfel und von etwas Thymian ab.

Da haben Sie den Salat – lassen Sie sich ihn schmecken!

Ingredients

- 400 gr of fresh cavatelli
- 1 slice of Tuscan finocchiona (1 cm thick)
- 12 cherry tomatoes
- 2 carrots
- 1 red pepper
- 1 yellow pepper
- 1 shallot
- 1 sprig of fresh thyme
- Extra virgin olive oil to taste
- Salt - to taste
- Pepper - to taste

GNOCCHETTI

Malloreddus, better known as "Sardinian gnocchetti", are the most classic of the original Sardinian pasta shapes, prepared on all the most important occasions, from village celebrations to weddings.

The traditional dough is prepared by mixing water, semolina flour and a hint of saffron. Sardinian gnocchetti have the shape of small striped shells, about 2 cm long, ideal for collecting the sauce inside them.

Preparing the gnocchetti

Once you have chosen and prepared the dough you prefer, cut off pieces, flatten them and roll them up with your fingers until you get long strings, 4 mm thick and roughly 3 cm wide.

Insert the string of pasta between the two rollers of the machine and slowly accompany it by turning the crank. To obtain the striped gnocchetti, use the roller on the right side (innermost). By doing so, in a few minutes, you will have prepared some excellent gnocchi ready to go straight into the pot.

RECIPES FOR

**BIG
MAMA**

**LITTLE
MAMA**

SARDINIAN GNOCCHETTI CAMPIDANESE STYLE

Chop the garlic and onion, cut the sausage into small pieces and brown in a pan with 4 tablespoons of olive oil. Blanch the tomatoes, peel them and cut them into cubes. Chop the dill sprigs.

When the sausage is cooked, add the cherry tomatoes and dill, a pinch of salt and cook over medium heat for about 15 minutes. A few minutes before the end, add the lemon peel cut into julienne strips and the tomato concentrate.

Cook the Sardinian gnocchetti in abundant salted water, drain when 'al dente' and toss with the sauce. Before serving, sprinkle with grated pecorino cheese. Enjoy your meal!

Ingredients

400 gr. of fresh gnocchetti
450 gr. of cherry tomatoes
1 tablespoon of tomato paste
250 gr. of sausage
100 gr. of aged Sardinian pecorino cheese
1 white onion
2 garlic cloves
3 sprigs of dill
lemon zest
4 tablespoons of extra virgin olive oil
salt to taste

GNOCCHETTI WITH CHERRY TOMATOES, PORCINI MUSHROOMS AND PECORINO

Chop the shallot into thin slices, clean and cut the mushrooms
Chop the shallot into thin slices, clean and cut the mushrooms and wash and cut the cherry tomatoes into four parts. Pour the extra virgin olive oil into a pan, heat and immediately add the shallot and cherry tomatoes.

Season with salt and, stirring, let it dry over medium-low heat. Add the mushrooms to the pan and let them cook for a couple of minutes. Add two tablespoons of the pasta cooking water and cook over low heat.

Cook the gnocchetti in abundant salted water, drain them 'al dente' and pour them into the pan with the mushrooms and cherry tomatoes. Stirring, allow the pasta to flavour with the sauce for about a minute, over high heat.

Before serving, sprinkle with pecorino cheese and stir.

Simply delicious, enjoy your meal!

Ingredients

400 gr. of Sardinian gnocchetti
300 gr. of porcini mushrooms
300 gr of cherry tomatoes
100 gr. of aged Sardinian pecorino cheese
1 Shallot
2 tablespoons of extra virgin olive oil
Salt to taste

SPAGHETTI

Spaghetti is one of the symbols of Italy and of the Italian cuisine around the world.

Undisputed protagonist of some of the most beautiful moments in Italian cinema, brought to the fore by masters such as Totò and Alberto Sordi, they are synonymous, at the same time, with healthy eating and huge binges with friends.

Initially served only with a seasoning of cheese and pepper, they are now accompanied by all kinds of sauces.

A curiosity: did you know that the longest spaghetti in the world measures almost 500m?

Preparing the spaghetti

Once you have chosen and prepared the dough you prefer, cut off pieces, flatten them and roll them up with your fingers until you get long strings, 4 mm thick and roughly 3 cm wide.

Insert the string of pasta in the rollers of the accessory applied to the machine body, positioned in the right (internal) part of the die. Accompany the string of dough as you turn the crank. Sprinkle the freshly made spaghetti with a little flour to keep them separate.

RECIPES FOR

**BIG
MAMA**

Spaghetti with Pecorino Cheese and Black Pepper

Grate the pecorino romano and in the meantime cook the spaghetti in abundant salted water.

Once ready, drain them 'al dente', keeping a few ladles of cooking water aside.

Pour the spaghetti into a bowl, add the cooking water, the pecorino and mix well.

Add the pepper, in variable quantities depending on your taste, and stir gently until the starch of the pasta has blended together the spaghetti. They will turn out incredibly creamy and shiny.

Before serving, complete the dish with a final sprinkling of freshly ground pepper.

Ingredients

400 g spaghetti
170 gr. of grated pecorino romano cheese
Abundant freshly ground black pepper

SPAGHETTI WITH SQUID INK

Carefully clean and wash the squid. Set aside the ink sacs and cut the rest of the squid into strips.

Sauté the finely chopped onion and garlic with the chopped chili pepper in a pan.

Add the squid and cook over medium heat for a few minutes, then blend with the white wine.

Remove the squid ink from the sacs and place in the pan along with the tomato paste diluted in half a glass of water and the chopped parsley. Cook for about 15 minutes.

Cook the spaghetti in abundant salted water, drain when 'al dente' and toss with the cuttlefish ink sauce and sprinkle with chopped parsley.

Ingredients

400 gr. of spaghetti
500 gr of squid with black vesicles
1 tablespoon of tomato paste
1 white onion
1 garlic clove
1 sprig of parsley
1 small chili pepper
1 dl of white wine
Extra virgin olive oil to taste
Salt to taste
Pepper to taste

TAGLIATELLE

Tagliatelle, or fettuccine, are typical egg pasta made in central and northern Italy.

The name of this pasta in the form of narrow ribbons, similar but thicker than fettuccine, derives from the verb "to cut" or "to slice", since they are made by rolling out the dough into a thin sheet and then cut it into ribbons after rolling it up.

According to a Bolognese legend, tagliatelle were invented in 1847 by the Bolognese master Zefirano.

The classic Emilian recipe seasons the tagliatelle with Bolognese sauce, prepared with pork, veal and beef, minced and cooked in sautéed butter, bacon, herbs, cooked with broth, red wine and tomato, and generously covered with Parmesan cheese.

A variant are the green tagliatelle, in which the chard or spinach is placed in the dough. Particularly tasty and delicate are the green tagliatelle with nettle.

PREPARING THE TAGLIATELLE

Once you have chosen and prepared the dough you prefer, cut off pieces, flatten them and roll them up with your fingers until you get long strings, 4 mm thick and roughly 3 cm wide.

Insert the string of dough into the rollers on the accessory applied to the machine body, positioned in the outermost part of the die.

Accompany the strings of dough as you turn the crank. To prevent them from sticking together, let them rest a bit by sprinkling them with flour. Nothing could be easier!

RECIPES FOR

**BIG
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TAGLIATELLE WITH NETTLE

Prepare the nettle dough using the following quantities: 300 gr. of 00 flour, 120 gr. of boiled nettle leaves (the weight refers to the wringed out nettle), 3 large eggs and two pinches of fine salt. Follow the directions you found earlier to work the dough properly. Once left to rest and once you have prepared the tagliatelle with BIG MAMA, start with the sauce for the tagliatelle.

Ingredients

400 gr. of tagliatelle with nettle
250 gr. of butter
2/3 sprigs of thyme with flowers
Grated Parmesan to taste
Salt to taste

Clean the thyme sprigs with moistened kitchen paper. Keep the flowers aside and break up the twigs. Gently melt the butter in a saucepan. Pour the thyme leaves into the melted butter and let them slightly brown.

Cook the tagliatelle in abundant salted water for 2-3 minutes. Drain them 'al dente' and toss in the butter. Sprinkle with grated Parmesan cheese and garnish with the thyme flowers.
Fast & Easy. Enjoy your meal!

COCOA TAGLIATELLE WITH GORGONZOLA AND WALNUTS

Prepare the cocoa mixture by adding 3 eggs. Once the dough has been left to rest and once the tagliatelle are prepared with BIG MAMA, prepare the sauce for the tagliatelle.

Ingredients

400 gr. of tagliatelle
200 gr. of gorgonzola
150 gr. of shelled and cleaned walnuts
100 ml. of milk
Salt to taste
Pepper to taste

Put the milk and the gorgonzola in a saucepan over low heat until it the cheese has melted.
Add the walnuts (ground in a mortar), the ground pepper and then season with salt.

Boil the cocoa tagliatelle in abundant salted water and drain when they're 'al dente'. Then mix them with the prepared sauce adding, if necessary, a little cooking water. Serve the cocoa tagliatelle with gorgonzola and walnut sauce. Enjoy your meal!

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