



หอการค้าไทย-อิตาลี
THAI - ITALIAN
CHAMBER OF COMMERCE

PASTA DAY

— *regional dishes* —







ITALY

The Italian peninsula is divided into 20 regions, with five of them enjoying a unique autonomous status: Sardinia, Sicily, South Tyrol, Aosta Valley, and Friuli-Venezia Giulia.

This special status grants them the authority to pass specific legislation pertaining to their local affairs. Additionally, Italy is subdivided into 14 metropolitan cities and 96 provinces. Each of these regions possesses a distinct identity, encompassing traditions, cuisine, and linguistic variations.

One of Italy's most captivating features lies in its regional diversity, with each region boasting a distinctive identity.



MESSAGE FROM THE PRESIDENT OF THE THAI-ITALIAN CHAMBER OF COMMERCE



Mr. Federico Cardini

Dear readers,
Buongiorno.

I am delighted to welcome you to this Pasta Day event, on Monday, 16 October at The Food School in Bangkok. This occasion is special to celebrate Rustichella D'Abruzzo pasta and promises to be a culinary journey through the Italian regions. Selected chefs from the most exclusive Italian restaurants in the vibrant city of Bangkok will be the maestros behind an array of delectable dishes, showcasing their exceptional culinary talents and proud origins.

Pasta Day is not just an event; it represents a cultural bridge that brings our diverse communities together through our shared passion for the rich and flavorful traditions of Italian cuisine and warm hospitality.

I would like to express my heartfelt gratitude to Rustichella D'Abruzzo for their invaluable partnership in making this event a reality. I also extend my sincere appreciation to all the participating chefs, restaurants, and sponsors for their unwavering commitment to presenting the very best of Italian gastronomy.

Buon appetito!





PASTA DAY

The Thai-Italian Chamber of Commerce (TICC), in collaboration with Rustichella d'Abruzzo, is pleased to host the Pasta Day event on Monday, 16 October 2023 at The Food School Bangkok.

Pasta Day's primary objective is to shine a spotlight on and promote the authenticity of pasta in its myriad forms and flavors, all prepared according to time-honored Italian regional recipes, utilizing the high-quality ingredients provided by Rustichella d'Abruzzo.

What will enrich this event even more are the renowned Italian chefs, celebrated for their decades of expertise honed in the kitchens of some of Bangkok's most esteemed Italian restaurants. You can discover more about these culinary artists and their delectable creations in the forthcoming pages.





TABLE OF

Contents

- 1 What is Pasta Day?** **01**
The exclusive event organized by the Thai-Italian Chamber of Commerce with Rustichella D'Abruzzo S.A.S
- 2 The Thai-Italian Chamber of Commerce** **03**
Learn more about the Thai-Italian Chamber of Commerce (TICC) through a brief insight of its main activities, events and services
- 3 Rustichella D'Abruzzo** **04**
Find out more about the top-quality pasta company sponsoring the Pasta day event
- 4 Chefs & recipes** **05**
Discover the top Italian chefs who will be joining us. What pasta recipes have they prepared for this special event?
- 5 Mediterranean diet** **19**
They say it is one of the healthiest diets in the world. What is the Mediterranean diet all about?
- 6 Tourism in Italy** **21**
With more than sixty million tourists per year, Italy is one of the most visited countries in the world. Let's find out more about such an amazing country!



THAI-ITALIAN CHAMBER OF COMMERCE

The **Thai-Italian Chamber of Commerce (TICC)**, founded in 1978, is an independent, private, non-profit organization of Italian and Thai businessmen and professionals, duly constituted and registered in accordance with legislative regulations in Thailand and fully recognized by the Ministry of Economic Development and International Cooperation in Italy.

The Chamber, with its headquarters in Bangkok (Thailand), is proud to host a wide network of companies and entrepreneurs from all around the world, enhancing commercial and economic cooperation between Italy and Thailand.

The Chamber constantly organizes activities, meetings, seminars, missions, and networking events to facilitate the promotion of economical, industrial and cultural collaborations.

The Chamber has various objectives, all of which are aimed not only at the promotion of “Made in Italy” in South East Asia, but also more importantly at the development of mutual cooperation and respect in the business environment, allowing positive economic flows.



RUSTICHELLA
D'ABRUZZO S.A.S



Rustichella d'Abruzzo S.A.S, established by the Peduzzi family, means tradition, quality and love for its land that since 1924 does not stop telling the world with its own pasta.

The Peduzzi family grants Rustichella a reputation of excellence, sealing the success of the brand in 70 countries around the world.

Drawn in bronze dye, dried at low temperature, Rustichella d'Abruzzo pasta is rough at a perfect level in order "to capture" and keep any type of seasoning.

Rustichella D'Abruzzo is distributed in Asia by Virgilio-Creating Value.



CHEFS & RECIPES







MARCO AVESANI

Chef

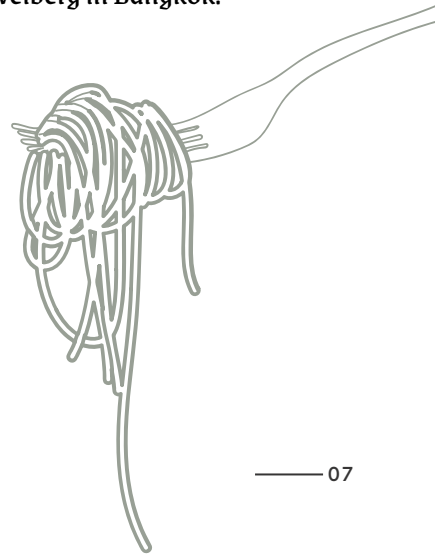
La Bottega di Luca

Born and raised in Verona in the North-East of Italy, Chef Marco brings his culinary expertise and knowledge of Italian and local ingredients to La Bottega di Luca's kitchen.

Marco's passion for food brought him to different parts of the world. From his home in Italy, he traveled to Scotland, Cambodia, Abu Dhabi, and finally Thailand.

He had the opportunity to join talented teams such as the one of the Three Michelin Star Chef at Roberto's in Dubai in 2015, the Michelin Star J'Aime by Jean Michel Lorain in Bangkok, Four Seasons Resort in Chang Mai in 2017, the Oriental Residence and the Michelin Star Savelberg in Bangkok.

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© Pexels

GNOCCHI

al ragù di cortile

SERVINGS: 4

PREPPING TIME: 1 HOUR

COOKING TIME: 2 HOURS

INGREDIENTS

500g Hen
 500g Guinea fowl
 500g Duck
 200g Chicken liver
 5 Carrots, finely chopped
 5 Onions, finely chopped
 5 Celery stalks, finely chopped
 10g Sage leaves, finely chopped
 25g Fresh Rosemary, finely chopped
 5 cloves of Garlic, minced
 3 Bay leaves
 Salt, to taste
 White wine, to taste

PREPARATION

1. Sear poultry pieces in olive oil until golden, then set aside.
2. Sauté onions, carrots, celery, and garlic until soft.
3. Deglaze with white wine, reduce by half.
4. Return poultry to the pot, add herbs, and cover with water.
5. Simmer gently for 2-3 hours until poultry is tender.
6. Sauté chicken liver separately, chop, and add to the pot.
7. Shred poultry, return it to the pot, and simmer 15-20 minutes.
Season with salt.
8. Cook gnocchi per instructions.
9. Serve ragù over gnocchi. Enjoy!

About the recipe

Gnocchi al ragù di cortile is a delicious Italian dish that features a rich and flavorful ragù sauce made with a combination of poultry, vegetables, herbs, and white wine, served over soft and pillowy potato gnocchi. This recipe is rich and hearty, perfect for a special occasion or when you're craving a comforting meal. Adjust the white wine and salt to taste, and don't forget to pair it with a good Italian wine to enhance the dining experience.



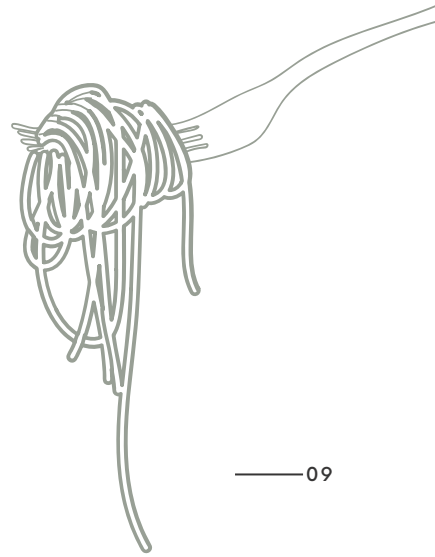
MIRO MATTALIA

Chef
Cetara

Miro Mattalia is the exceptionally talented head chef at Cetara, an authentic Italian restaurant in Bangkok. He is a culinary artist whose passion for Italian cuisine has brought authentic flavors and a truly unforgettable dining experiences to the heart of Thailand's capital.

His dedication to authentic flavors, creative flair, and commitment to culinary excellence have made Cetara a must-visit destination for food enthusiasts in Bangkok.

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TONNARELLI

tuna bolognese ragù and stracciatella

© Alta Cucina

SERVINGS: 2

PREPPING TIME: 10 MINS

COOKING TIME: 30 MINS

INGREDIENTS

250g fresh Tuna, finely chopped
 1 stalk of Celery, finely chopped
 1 Carrot, finely chopped
 1 Onion, finely chopped
 2 cloves Garlic, minced
 2 tablespoons olive oil
 1/4 cup White Wine
 2 tablespoons Tomato Paste
 400g Tomato Sauce
 2 Bay Leaves
 Salt and Pepper, to taste
 200g Tonnarelli Pasta
 100g Stracciatella cheese

PREPARATION

1. In a skillet, sauté celery, carrot, onion, and garlic. Add tuna, sear briefly.
2. To deglaze, pour in white wine, simmer briefly.
3. Stir in tomato paste, tomato sauce, bay leaves, salt, pepper, and spices. Simmer for 20-30 minutes.
4. Boil tonnarelli pasta until al dente. Drain, reserving some pasta water.
5. Toss pasta in the tuna ragù, adjusting consistency with pasta water if needed.
6. Divide onto plates, top with stracciatella, lemon zest to taste, olive oil and serve.

About the recipe

Experience a delightful twist on the classic Bolognese ragù by incorporating the rich and savory flavors of Gulf of Naples tuna. This Tonnarelli tuna bolognese ragù with stracciatella is a fusion of Italian tastes that creates a symphony of flavors and textures on your plate.



ANDREA ORTU

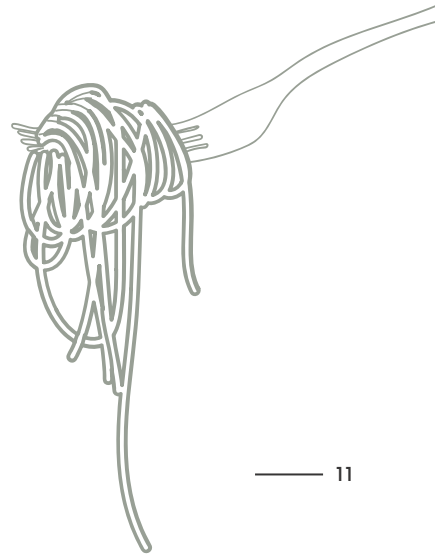
Chef

Coastiera

Trust chef Andrea Ortu to lead you on a one of a kind culinary journey. His style of cooking is elegant and straightforward with well rounded flavors. He carefully selects only the finest quality products throughout Italy and beyond, creating dishes that aim to extract the true flavors of each ingredient and sublimate their natural aromas. Specializing in Italian cuisine, Chef Andrea highlights the importance of using the freshest ingredients in every dish.

He delights Coastiera's guests with gastronomic specialties, guiding them through the menu to discover the very best of Southern Italian Cuisine. While seated 12,000km away Coastiera's guests will feel transported from the bustling streets of Bangkok to the rustic seaside grottos and turquoise waters of the Mediterranean.

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© 2 Amiche in cucina

FREGOLA

alla campidanese

SERVINGS: 2

PREPPING TIME: 10 MINS

COOKING TIME: 10 MINS

INGREDIENTS

200g fregola pasta
 2 Sardinian sausages
 1 cup tomato sauce
 1/4 cup grated pecorino cheese
 2 tablespoons extra-virgin olive oil
 1 onion, finely chopped
 1 garlic clove, minced
 1/2 teaspoon dried red pepper flakes
 1/2 teaspoon dried saffron threads
 Black pepper, to taste
 Fresh basil leaves, for garnish

PREPARATION

1. Remove sausage casings, crumble meat, and brown it in 1 tbsp of olive oil. Set aside.
2. Cook fregola pasta until al dente, then drain and set aside.
3. In the same skillet, sauté onion and garlic in the remaining olive oil until translucent. Add tomato sauce, red pepper flakes, and season. Simmer for 10 minutes.
4. Combine cooked sausage, fregola pasta, and grated pecorino cheese in the skillet. Stir well and simmer briefly.
5. Serve hot, garnished with fresh basil leaves and extra pecorino cheese if desired.

About the recipe

Fregola alla Campidanese is a traditional Sardinian dish that beautifully combines the island's flavors and ingredients. This hearty pasta dish features fregola, a unique Sardinian pasta, cooked in a rich tomato and sausage sauce, topped with aromatic spices and the island's famous pecorino cheese.



DAVID TACHON

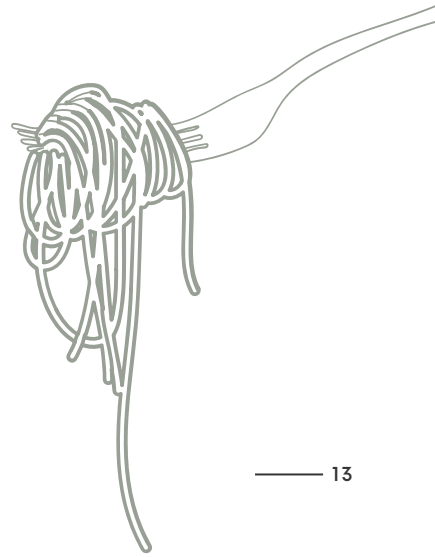
Chef

Lenzi Tuscan Kitchen

Chef David Tachon masterfully crafts tasteful Tuscan dishes in Lenzi Tuscan Kitchen, an authentic Italian restaurant in Bangkok specialized in dishes from Tuscany region in Italy. Chef David Tachon is passionate about preserving Tuscan tradition while adding his creative touch to classic recipes.

In Lenzi Tuscan Kitchen fresh and superb ingredients are sure to make your meal an outstanding and ever unforgettable experience you would want to come back for more.

**RESTAURANT
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MEZZE MANICHE

Alla San Miniato

© Pinterest

SERVINGS: 2

PREPPING TIME: 10 MINS

COOKING TIME: 10 MINS

INGREDIENTS

200g Mezze maniche pasta
 4 Tuscan sausages
 3 garlic cloves, minced
 15g fresh parsley, finely chopped
 20ml white wine
 50g truffle pesto
 50g Parmigiano Reggiano cheese
 120g fresh porcini mushrooms
 Black pepper, to taste
 Extra-virgin olive oil
 20ml heavy cream
 Parsley, to taste

PREPARATION

1. Cook the pasta until al dente, then drain, reserving some cooking water.
2. Sauté sausage meat until crispy, then add garlic.
3. Deglaze with white wine, and add sliced porcini mushrooms.
4. Stir in truffle pesto and cream, letting the sauce thicken.
5. Add drained pasta and toss.
6. Season with salt and pepper, and finish with Parmigiano Reggiano and parsley.

About the recipe

Mezze Maniche alla San Miniato is a delightful Tuscan pasta dish that celebrates the rich flavors of the region. This recipe serves 2 and combines savory sausages, earthy porcini mushrooms, aromatic truffle pesto, and the luxurious touch of Parmigiano Reggiano cheese for a truly indulgent experience.



FRANCESCO DE ROSA

Chef

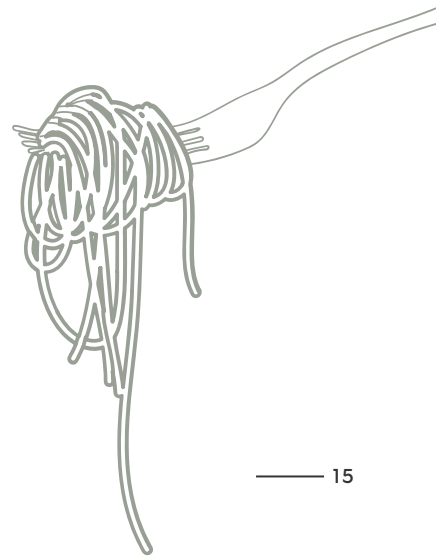
The Food School

Raised as a devoted Italian food enthusiast with a deep passion for cooking, Chef Francesco De Rosa has honed his skills in several prestigious Italian kitchens, absorbing diverse teaching philosophies over the course of his career.

Now, with great pride and enthusiasm, Chef Francesco has assumed the esteemed position of a chef instructor at The Food School Bangkok.

Here, he wholeheartedly dedicates himself to sharing his extensive culinary expertise, encompassing both the timeless traditions and innovative techniques within the rich tapestry of Italian cuisine.

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© Chef in ciabatte

PACCHERI

With beef, 'nduja and tomato

SERVINGS: 2

PREPPING TIME: 5 MINS

COOKING TIME: 15 MINS

INGREDIENTS

200g paccheri pasta
 200g lean beef, thinly sliced
 2 tablespoons 'nduja from Calabria
 1 cup tomato sauce
 2-3 sprigs of fresh tarragon, chopped
 2 tablespoons olive oil
 Salt and black pepper to taste
 Grated Parmesan cheese for serving

PREPARATION

1. Season the thinly sliced beef with salt and black pepper.
2. Sear seasoned beef in 1 tbsp olive oil, set aside.
3. In the same skillet, fry 'nduja (adjust to taste for spiciness), add tomato sauce, simmer for 5 minutes.
4. Cook the paccheri pasta according to the package instructions until it's al dente, usually about 10-12 minutes.
5. Drain the pasta, reserving a small cup of pasta cooking water, and add the drained paccheri to the tomato and 'nduja sauce.
6. Return beef, add most of the tarragon, toss to combine.
7. Garnish with remaining tarragon and Parmesan cheese.

About the recipe

Paccheri with beef, 'nduja, and tomato is a tantalizing fusion of flavors that showcases the best of Italian cuisine, with a fiery twist from the Calabrian region. This dish is perfect for a special dinner for two, a cozy family meal, or even a dinner party with friends. Whether you're a spice lover or someone who appreciates a well-balanced dish, Paccheri with Beef, 'Nduja, and Tomato Sauce is sure to impress.



MARTINA SABBIONI

Chef

The Food School

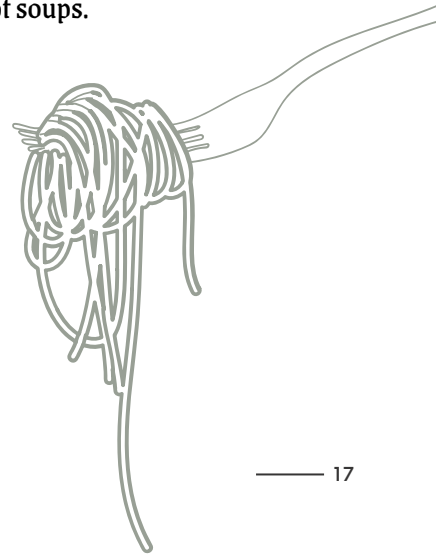
As a passionate food lover, Chef Martina has always been fond of cooking, utilising the techniques and skills learned with ALMA School of Italian Culinary Arts. Despite her effort upon trying other professions, she believes her dreams are more fulfilled when it comes to doing what she loves most - cooking.

Cooking isn't just a profession for Chef Martina; it's a calling, a way of life.

It's her creative outlet, a means of expressing herself and connecting with others. With each dish she prepares, she weaves a story of flavors, textures, and aromas that captivate the senses and leave a lasting impression.

One of Chef Martina's particular fascinations lies in the perfect world of soups.

**RESTAURANT
WEBSITE**





© Cookaround

FUSILLONI

Formaggio e pere

SERVINGS: 2

PREPPING TIME: 10 MINS

COOKING TIME: 10 MINS

INGREDIENTS

200g fusilloni pasta
2 ripe Williams pears
1 Italian shallot, finely chopped
2 tablespoons acacia honey
150g Di Foggia cheese, cubed
2 teaspoons mustard
Salt and black pepper to taste

PREPARATION

1. Wash and peel the pears. Remove the cores and cut them into thin slices or small cubes, depending on your preference.
2. Cook fusilloni according to package instructions. Drain, reserving about 1/2 cup of pasta cooking water and set aside.
3. In a saucepan, sauté shallot until translucent. Add pears and cook briefly.
4. Stir in honey and mustard, cook until slightly thickened. Season with salt and pepper.
5. Add cooked pasta, fold in cheese until melted and creamy.
6. Serve immediately, garnished with a sprinkle of black pepper.

About the recipe

Enjoy your elegant and delectable Fusilloni formaggio e pere, a delightful blend of sweet pears, creamy cheese from Puglia region, and the subtle kick of mustard, all brought together with a touch of acacia honey. Perfect for any occasion and a wonderful addition to your dinner's menu.

MEDITERRANEAN DIET

An Italian way of life

The Mediterranean area is home to sun, sea and delicious dishes which are good for your taste buds but also for your health. Italy is one of the main contributors to the Mediterranean diet, which is about food as well as traditions and eating slow food in a friendly and familiar atmosphere. In 2013, UNESCO officially recognized the Mediterranean diet as an intangible cultural heritage of humanity.

Health experts have concluded that the Mediterranean diet is the most universally beneficial for long-term health. The secret lies in the ingredients: fish, olive oil, nuts, cereals, whole grains, legumes, fruits and vegetables. Researches have also shown that the Mediterranean diet may reduce the risk of developing conditions like type 2 diabetes, high blood pressure and high cholesterol, which are all risk factors for heart diseases.

Therefore, people who closely follow a Mediterranean diet may live a longer life and be less likely to put on weight.

Mediterranean diet's traditional ingredients are harvested respecting the seasonal cycles. According to Barilla Center for Nutrition and Food (BCNF), Italy is the best performing among the 34 classified countries in regards to sustainable agriculture, scoring an extremely high Food Sustainability Index scores.

Beyond its health benefits, the Mediterranean Diet holds cultural significance. It represents the way of life in countries like Greece, Italy, Spain, and southern France, where meals are seen as an opportunity for socializing and connecting with loved ones. This cultural aspect highlights the importance of mindful eating and savoring the flavors of each dish.



TOURISM IN ITALY

Tourism is one of the main economic sectors in Italy. With 65 million tourists per year (2019), Italy is the 5th most visited country in international tourism arrivals, with Rome being Europe's 3rd top tourist destination.

Italy has 58 UNESCO sites within its borders: that is more than any other country in the world. The archaeological park of the Colosseum, the Roman Forum and the Palatine Hill in Rome is the most visited and iconic monument in the country, with more than 7 million visitors a year. It is followed by the Vatican museums (Rome), Uffizi (Florence) and the archaeological park of Pompeii, near Naples.

In total, 2019 tourism presences in Italy amounted to 436 million. Veneto has the highest number of visitors and ranks 6th in Europe. It is followed by South Tyrol, Tuscany and Emilia Romagna.

People have visited Italy for centuries in order to study ancient architecture, local culture and to admire the natural beauties. Nowadays, the factors of tourist interest in Italy are mainly culture, cuisine, history, fashion, architecture, art, naturalistic beauty and religious sites.



ABRUZZO

Where Rustichella's story begin

Abruzzo, situated in the heart of central Italy, is a region that often flies under the radar, yet it offers a multifaceted experience that beckons travelers seeking a deeper connection with Italy.

Abruzzo is often described as "The Green Region of Europe" due to its lush landscapes. The towering Apennine Mountains, including the Gran Sasso, create a dramatic backdrop for outdoor enthusiasts. The region is a haven for hikers, skiers, and nature lovers, with its national parks offering diverse ecosystems, wildlife, and breathtaking vistas.

Abruzzo's cuisine is an authentic and delicious journey into the heart of Italian food culture. Pasta is a standout, with local specialties like "spaghetti alla chitarra" and "maccheroni alla mugnaia." The region excels in sheep dishes, including the famous "arrosticini," as well as seafood due to its coastal location. Don't forget to pair your meal with excellent regional wines, particularly Montepulciano d'Abruzzo and Trebbiano d'Abruzzo.





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