



L'Abruzzese

ARTISAN PASTA

Spelt . Wholemeal . Rye . Gluten Free . Egg . Casalinga . Organic



www.labruzzese.com.au | info@labruzzese.com.au

+61 8 8336 3006

28-30 Barnett Avenue, Glynde SA 5070



REG 5195P



forward

L'Abruzzese is a family owned and operated business that has been making award winning pasta the traditional way for over 30 years in Adelaide, South Australia. Only the best Australian-sourced ingredients are used; our pasta is extruded through the finest Italian bronze dies which give the pasta a rough surface that allows a superior hold on any sauce. It is slow-dried for 36 to 48 hours following age-old traditional methods but with modern technology; it holds its shape and retains its bite long after cooking which is one of the most sought after qualities of pasta that many fail to achieve.

We are passionate about the ingredients and the methods we use. We are NAASA Certified Organic and HACCP certified which ensures the highest quality and safety of our product.

our flours

Available in over 100 different varieties and four main ranges: Egg pasta; Organic Grains including Wholemeal, Rye, Spelt, Khorasan; Organic Gluten Free range of Besan and Buckwheat, Lentil and Maize, and Organic White Rice; Casalinga Range made with Durum Wheat Semolina, and a Flavoured Range including Squid Ink, Spinach, Tomato, Saffron, Porcini Mushrooms, Chilli, Beetroot and Lemon Myrtle. Our pastas come in cartons of 12 x 375g, 12 x 500g, 7 x 1 kg or 5 kg cartons. We can make any shaped pasta in any combination of flour and flavour.

Our pasta shapes

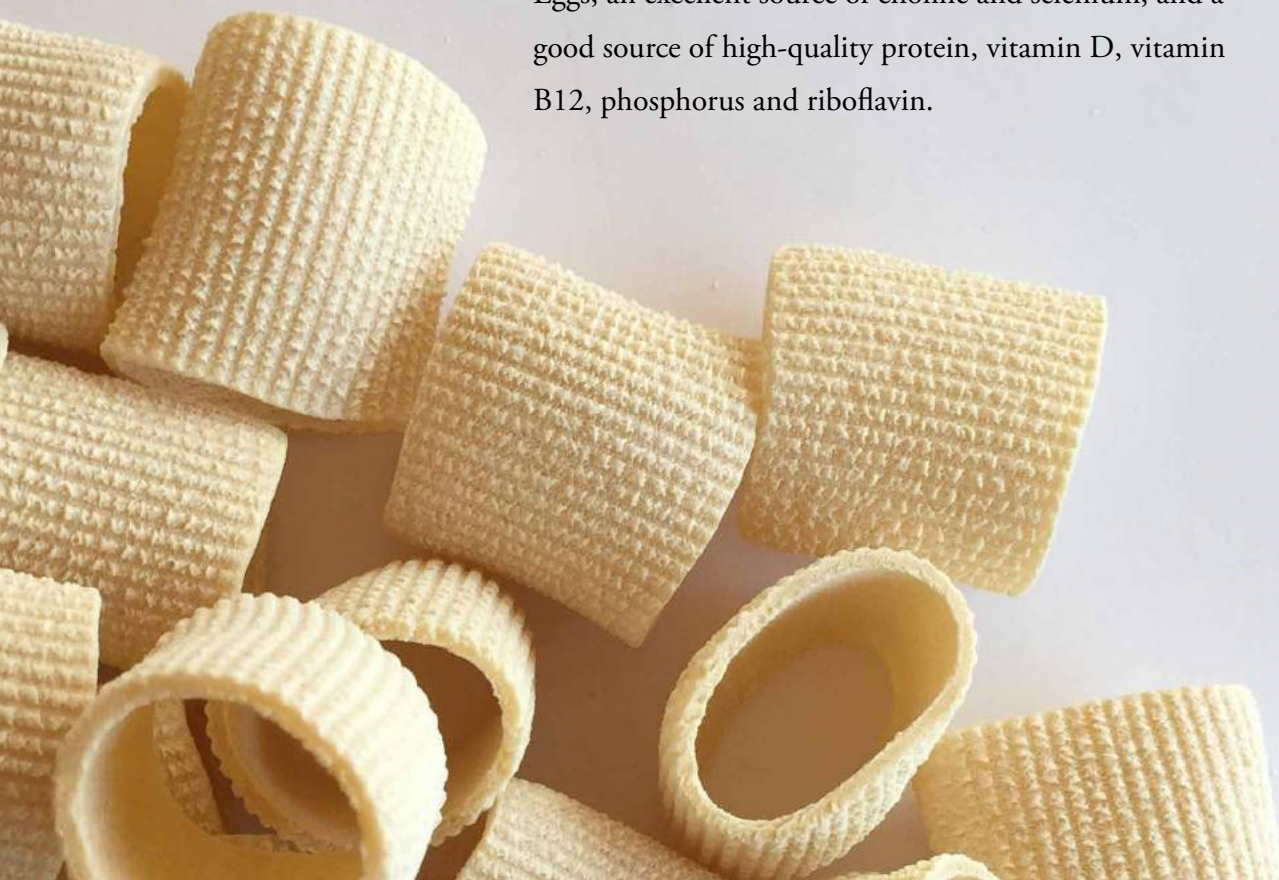
- Artisan
- Long
- Short
- Large

egg

Made with durum wheat and farm fresh eggs our egg pasta is smooth, rich with excellent texture.

Premium Grade Australian Durum Wheat Semolina, full of flavour; clean, bright and fragrant. Contains folate, niacin, thiamine, vitamin B6, Copper, Iron, calcium, magnesium, manganese, phosphorous, selenium and zinc.

Eggs; an excellent source of choline and selenium, and a good source of high-quality protein, vitamin D, vitamin B12, phosphorus and riboflavin.



gluten free organic besan AND buckwheat

Besan, or Chickpea Flour, has a strong nutty flavour; it is a rich source of iron, high in manganese, folate, copper and phosphorus. and an excellent source of calcium and molybdenum.

Buckwheat is gluten free, low GI, high in magnesium and has a very balanced amino acid profile. It has a very fresh sweet nutty flavour.

These combine to make nutty and deeply flavoured pasta that pair well with any sauce, especially pesto, or vegetable based sauces.

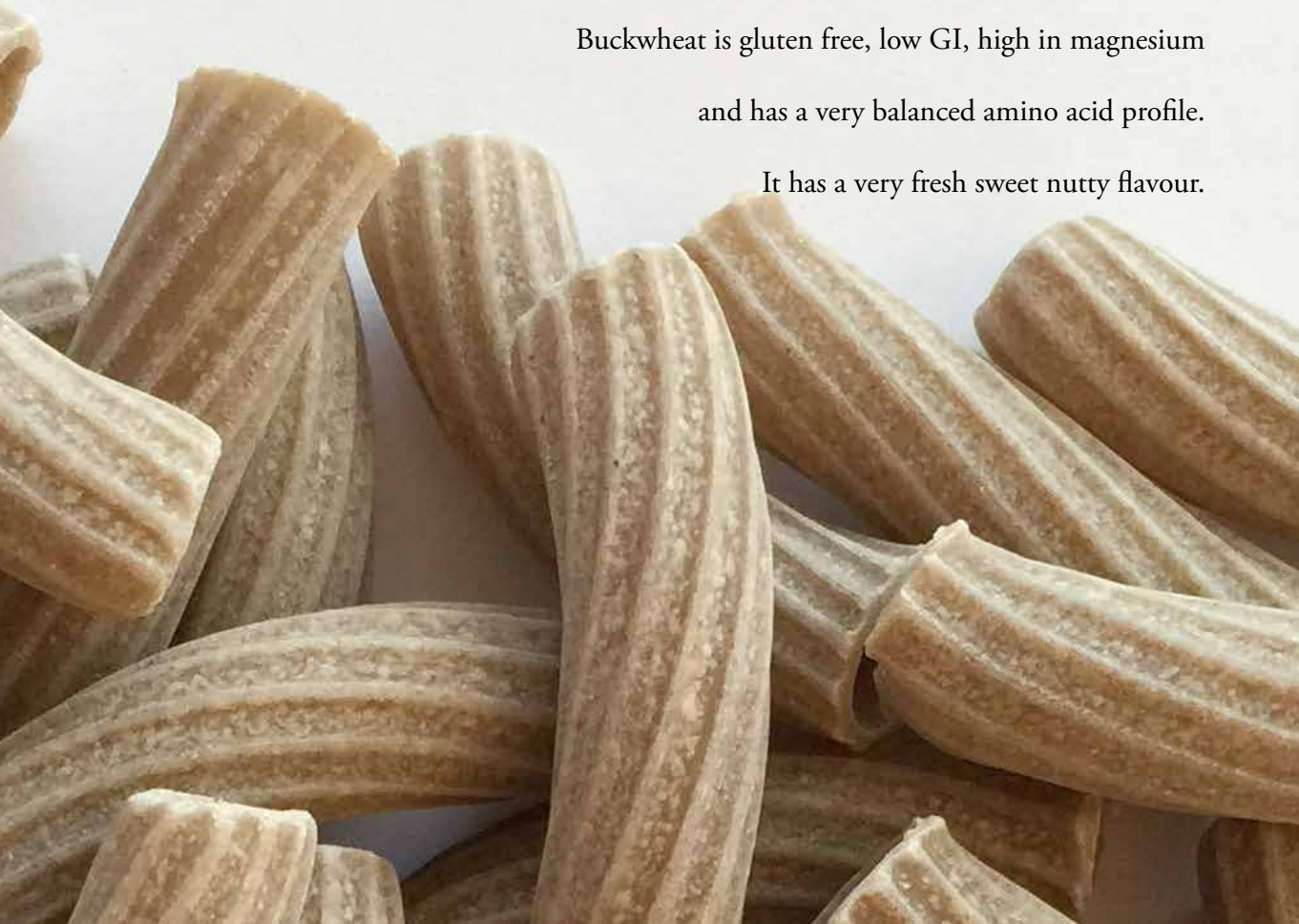


organic buckwheat

Buckwheat is gluten free, low GI, high in magnesium

and has a very balanced amino acid profile.

It has a very fresh sweet nutty flavour.



gluten free organic lentil AND maize

High in protein and fibre, gluten-free maize contains vitamins A, B1, B2, B6, C, E, K, Niacin, Folate, Pantothenic Acid, Potassium, Phosphorous, Magnesium, Calcium, Zinc, Iron, and Selenium.

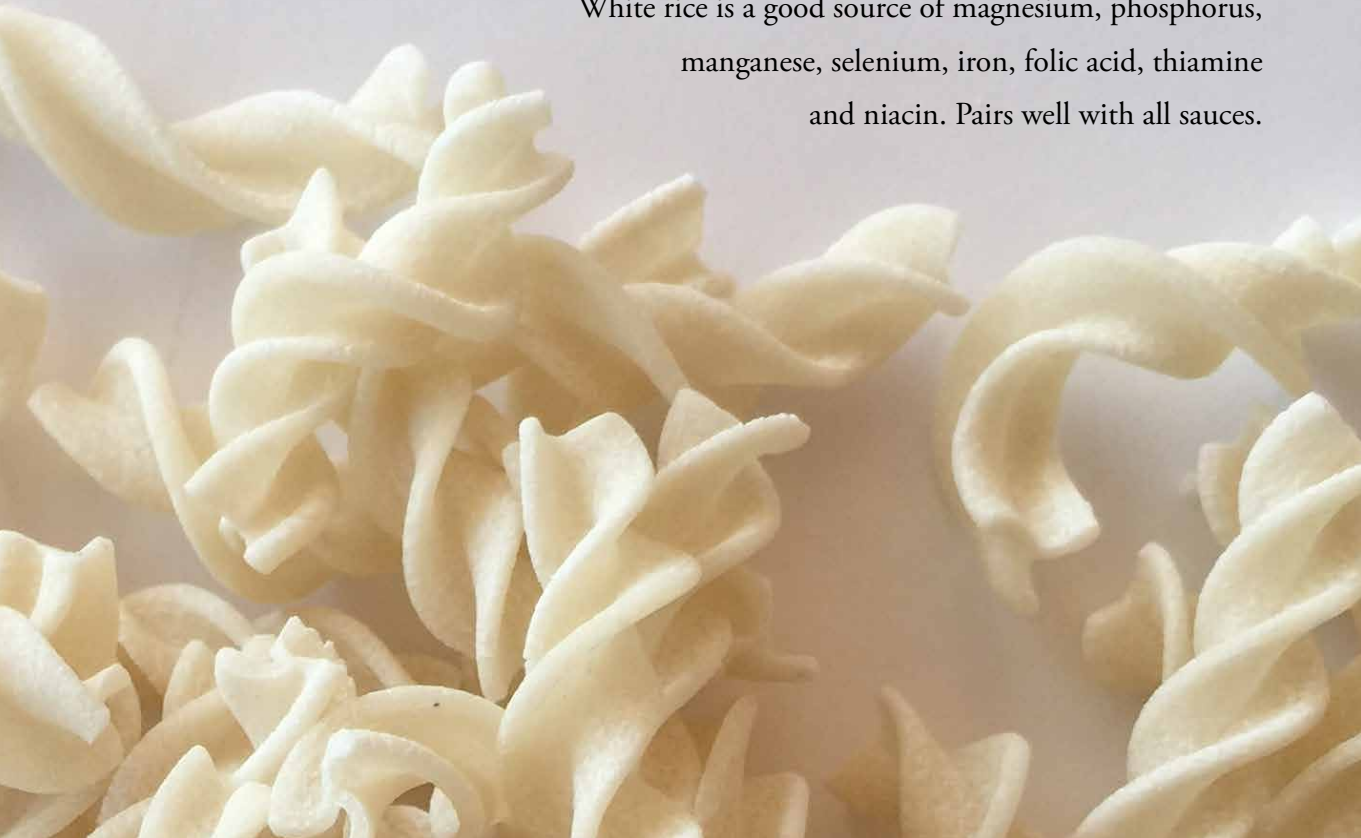
Good for the stomach and heart lentils are the original super food. High in dietary fibre, folate and magnesium, iron, phosphorus, protein, zinc, potassium and vitamin B6.

These combine to make bright orange pasta with good texture and good and tangy flavour. Mixes well with a variety of sauces especially tomato based.



gluten free organic rice

Low in fat, high in fibre, minerals and vitamins, an excellent gluten free choice with subtle flavour. White rice is a good source of magnesium, phosphorus, manganese, selenium, iron, folic acid, thiamine and niacin. Pairs well with all sauces.



conventional AND organic durum wheat semolina

A high protein hard wheat; beautiful texture. Contains folate, niacin, thiamine, vitamin B6, Copper, Iron, calcium, magnesium, manganese, phosphorous, selenium and zinc.



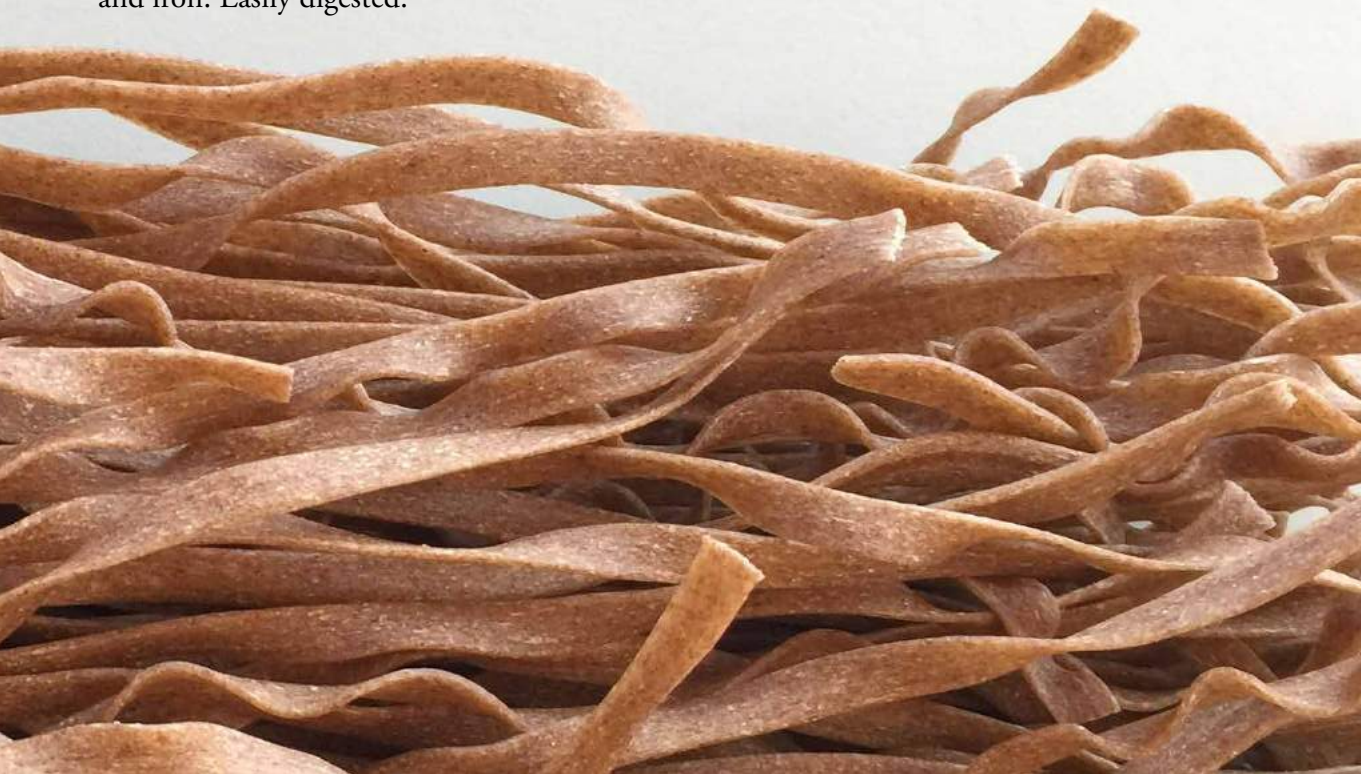
organic khorasan

Organic Stoneground Wholegrain Khorasan Flour is an ancient wheat variety that has largely been untouched by modern breeding alterations. It is nutritionally dense with a nutty flavour similar to that of Spelt. It is high in protein, selenium, zinc and magnesium.



organic rye

Rye is a cereal grain with a deep, rich and nourishing flavour. It is highly nutritious, high in manganese, fibre, phosphorus, copper, pantothenic acid, magnesium, folate, niacin, thiamine, selenium, and iron. Easily digested.



organic spelt

An ancient grain with nutty, wholesome flavour, easily digested and nutritionally dense, loved also for its alkalising qualities. Contains iron, copper, manganese, magnesium, phosphorous, potassium, zinc, selenium, niacin, thiamine, vitamin B6, and folic acid.



organic stoneground wholemeal

Produced by stone milling the whole wheat grain. Contains the bran and germ as well as the endosperm and is therefore highly nutritious. Made from a hard wheat with a higher protein level. Has a medium-brown colour and gives a hearty flavour and robust texture. High in fibre and contains manganese, copper, magnesium, and pantothenic acid.



sustainable buckwheat

Buckwheat is gluten free, low GI, high in magnesium and has a very balanced amino acid profile. It has a very fresh sweet nutty flavour.



our flavours

1. Beetroot
2. Carrot and Beetroot
3. Chilli
4. Garlic and Pepper
5. Lemon Myrtle
6. Organic Spinach
7. Porcini Mushrooms
8. Saffron
9. Spinach Flavoured Egg
10. Squid Ink
11. Tomato Flavoured Egg



our shapes

1. Casareccia
2. Cavatelli
3. Fusilli
4. Maccheroncini al Pettine
5. Mixed Olive Leaves
6. Rigatoni
7. Olive Leaves
8. Orecchiette

1



4



artisan shapes

2



3



6



7



8





1



2



3



4



5



6

soup shapes

1. Ditalini
2. Extra Fine Egg Noodles
3. Fine Egg Noodles
4. Quadretti
5. Risoni
6. Stars (Stelline)

1. Ditali Rigati
2. Elbows
3. Mezzi Ziti
4. Penne Lisce
5. Penne Rigate
6. Pennette

7. Pennoni Rigati
8. Small Shells
9. Spirals
10. Tortiglioni
11. Ziti



short shapes



1



long shapes

2



3



4



5



6



7



8



1. Spaghettoni No.1
2. Fettuccine
3. Linguine
4. Pappardelle
5. Spaccatelle
6. Spaghetti No.2
7. Spaghetti No.3
8. Tagliatelle No.7



1



2



3



4



5

large shapes

1. Cannelloni
2. Large Shells (Conchiglie)
3. Lumaconi (Big Snails)
4. Lasagna Instant
5. Lasagna

WATTLESEED
—
LEMON MYRTLE

6

6