



# Flavor Pairing with Whole Grains

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# What We'll Cover Today

- Tasting of Whole Grain Pasta
- Do's and Don'ts of Flavor Pairing with Whole Grains
- Recipe Demonstration
- Q&A and Tasting



# Whole Grain on the Plate (and Palate)

- Wheat-y, bread-like, nutty
- A bit of sweet, a bit of bitter
- More intense, assertive than traditional



# Whole Grain Flavor Pairing: What To Avoid

## Don'ts

- Merely offer as a substitute without guidance!
- Acidic sauces
  - Some purely tomato-based sauces
  - Lemon cream or agro-dolce
- Delicate sauces such as light dairy sauces
  - Don't balance those flavors
  - Can't match their intensity



# Whole Grain Flavor Pairing: What to Do

## Do's

- Sweeter sauces
- Savory, umami-rich sauces
- Sauces and ingredients that complement or mask the whole grain flavor
- Full-textured sauces



# Pairings that Work

## Recommended:

- Assertive vegetables like kale, cauliflower, cabbage, broccoli rabe, asparagus, brussels sprouts
- Mushrooms of all types, especially earthy wild and exotic types like morels, porcini or chanterelle
- Aged, cow's-milk cheeses of Northern Italy, like Parmigiano-Reggiano
- Heat from chilies or crushed red pepper flakes (peperoncino)
- The natural sweetness of winter squashes, carrots and other root vegetables

## Recommended with Reservations

- Nuts like pistachios, walnuts or almonds in pestos



# Techniques that Work

## Techniques:

- Roast vegetables and proteins to caramelize and bring out their sweetness
- Accent vegetable-heavy dishes with a touch of pancetta or bacon for smokiness
- Use colorful and thicker sauces that will mask the slightly darker color
- **Do not** overcook pasta, as whole grains as a rule do not hold as well





# Recipe Demonstration

Whole Grain Rotini with Roasted Tomatoes, Blue Cheese and Sorrel Oil





# Questions?

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