

Rustichella d’Abruzzo Fregola Sarda

Known as fregula in Sardinia, this pastina (pasta for soups) is medium in size. The name comes from the Latin fricare because it is made by “rubbing” the flour in a similar manner as cous-cous. Water is sprinkled over flour and with rotary motions of the hand, crumbled into little balls of different sizes, then toasted in a wood-burning oven. A small amount of saffron is used in the water to give the pasta its wonderful color. Traditionally served in fish soups and mutton stews in Sardinia, today fregola sarda is also served in cold salads with shellfish or diced vegetables.



Product Details

Item	580355
Brand	Rustichella d'Abruzzo
Sold By	CS
Pack Qty	12
Pack Size	1.1 LB
Case GTIN/EAN/UPC	793232111766
Unit UPC	793232111766
Country of Origin	Italy
Shelf Life from Production	36 months
Storage	Dry
Kosher	Yes
Gross Case Weight	15 LB
Ingredients	Durum wheat semolina, water.

