



How the Land shapes the Pasta

If you find Tortellini on a menu in Sicily, you are likely in a tourist trap. One of the most common mistakes travellers make is to expect a national Italian menu. In reality, Italian cooking is a map of climate and soil that changes every few kilometres.

The North: Soft Wheat and Eggs

In the humid plains of the north, we grow *grano tenero*. This flour is low in protein and high in elasticity. When mixed with eggs, it creates a dough that can be stretched until translucent. This is why the north is the land of stuffed pasta; you need that specific flexibility to fold tortellini without it snapping. It is a technique born from the moisture of the land and the historical wealth of the region.

The South: Durum Wheat and Water

The dry, sun-drenched south belongs to *grano duro*. This is a high-protein, hard grain that produces *semola*. It does not stretch like soft wheat, but it has a beautiful density. Mixed only with water, it creates sturdy shapes like Fileja or Orecchiette. Because these shapes are simple and solid, they are designed to go with boldly flavoured sauces. It is a tradition born from heat, resilience, and economic hardship.

The Pantry

The north relies on dairy and animal fats: butter, lard and Parmigiano, while the south relies on the trees: olive oil, citrus, and nuts. My pantry is where these ingredients meet. I bring my Calabrese heritage to the Bolognese kitchen, using the refined techniques of the north to carry the unapologetic flavours of the south. At my Chef's Table, you travel the length of Italy through a sequence of courses where these two worlds blend together.