

La Famiglia Rana reveal

ITALY'S BEST KEPT SECRET

LIVE LIFE GENEROUSLY

Giovanni Rana and his family have dedicated their lives to fresh pasta, packing passion and generosity into each and every tortellone.

Now, *La Famiglia Rana* shares the secret that's brought joy and incredible flavour to Italian dinner tables for 60 years.

Within these pages you'll discover the secret to making perfect pasta – a gift from the Rana family to yours.

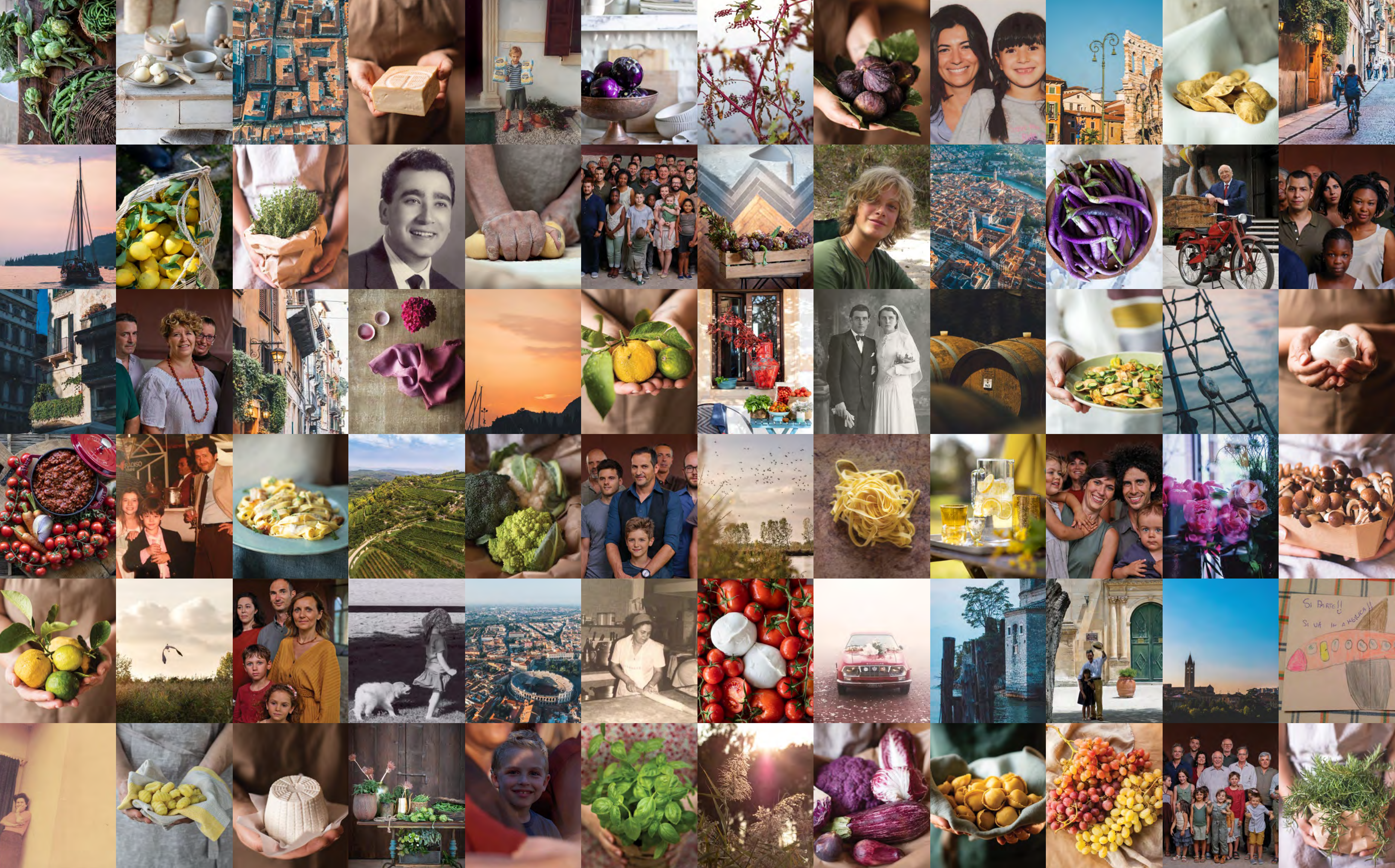
Buon appetito!

La famiglia
RANA



“The book is a joy, the pasta is real – I feel like I’m sitting at the table with family in Italy. If you love pasta you owe it to yourself (and your stomach!) to learn the secret.”

Gennaro Contaldo



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SECRET







Live life generously

At the heart of La Famiglia Rana is a spirit of generosity.

We're passionate about bringing people together through food, which is why we're sharing Italy's best kept secret with you - our family's famous fresh pasta.

Now you've discovered the secret, we hope the following pages bring great joy to your dinner table.

Buon appetito!







In Italy, we love our fresh pasta with a drizzle of extra virgin olive oil and a simple sprinkle of Parmigiano.

But some days, when we have a little more time, it's nice to embrace our creative side.

On the following pages you'll discover a selection of recipes that will make your fresh pasta sing.

We hope you find them inspiring!

La Famiglia Rana





‘A taste of summer’ tortelloni

SERVES TWO

1 pack *La Famiglia Rana Spinach & Ricotta Fresh Tortelloni*

40g baby spinach

1 courgette

1/2 tbsp lemon zest

1 tbsp butter

salt and pepper to taste

Cut the courgette into very thin slices. Lightly sauté the courgette slices in a pan with butter, lemon zest and a pinch of salt.

Take the pan off the heat and add the baby spinach leaves.

Cook the tortelloni for 2 minutes in salted boiling water. Drain and add to the courgette pan.

Gently mix together and season to taste with cracked black pepper.



‘Italian garden’ tortelloni

SERVES TWO

1 pack *La Famiglia Rana*
Aubergine Parmigiana
Fresh Tortelloni

2 cherry tomato vines,
approx 10 tomatoes
per vine

a handful of fresh
herbs – basil, chives,
thyme, oregano

1 tsp sugar

1/2 garlic clove

extra virgin olive oil

salt and pepper to taste

Preheat your oven to 200°C.

Finely chop the herbs and put them in a small bowl with 2 tablespoons of olive oil and a pinch of salt. Press hard with the back of a spoon to release the herb oils then set aside to rest.

Crush the garlic and make into a paste with two tablespoons of olive oil, sugar, and a little salt and pepper.

Cook the cherry tomato vines in the oven for 5 minutes, then season with the garlic paste you just prepared and return to the oven for a further 5 minutes.

Cook the tortelloni for 2 minutes in salted boiling water. Drain and serve, placing a vine of cherry tomatoes on each plate. Season with the herb oil you set aside earlier.

You’ve captured the taste of the Italian garden. Now, no matter the weather at home, you’ll feel like dining al fresco!







Tortelloni with crispy Parma ham

SERVES TWO

1 pack *La Famiglia Rana
Ham & Cheese Fresh Tortelloni*

a head of broccoli

100g Parma ham

extra virgin olive oil

salt and pepper to taste

Preheat your oven to 200°C.

Separate the broccoli crown into florets and place on a baking tray. Season with a little olive oil and salt, then cook in the oven for 10-12 minutes.

Cut the Parma ham into thin strips and fry in a teaspoon of olive oil until crispy.

Cook the tortelloni for 2 minutes in salted boiling water. Drain and mix together with the ham and broccoli. Season with salt and black pepper.

A very Italian fry up

SERVES TWO

1 pack *La Famiglia Rana Filled Pan-Fry Spinach & Mozzarella Gnocchi*

3 eggs

1 garlic clove

1 rosemary sprig

4 slices smoked pancetta

1/2 tbsp butter

salt and pepper to taste

Melt the butter in a pan with the rosemary sprig and garlic. After a minute, remove the garlic and gently crack the eggs into the pan. Fry for 3-4 minutes, then season with salt and pepper.

In a separate pan, fry the slices of smoked pancetta until golden and crispy.

Melt a knob of butter in a non-stick pan. Add the gnocchi and fry over a medium heat, turning from time to time. Fry for at least 5 minutes until crisp and golden.

Serve the gnocchi with the eggs and pancetta – perfect to bring happiness to breakfast or brunch.







Tortelloni with gooey goat’s cheese

SERVES TWO

1 pack *La Famiglia Rana
Chicken & Smoked Pancetta
Fresh Tortelloni*

200g mixed mushrooms

1 garlic clove

60g goat’s cheese

2 tbsp single cream

60ml whole milk

a few sprigs of thyme

extra virgin olive oil

salt and pepper to taste

- Crush the garlic clove and lightly fry it in a pan with a little extra virgin olive oil.
- Wash the mushrooms and chop into generously sized pieces.
- Remove the garlic from the pan and add the mushrooms. Cook them on a high heat until golden, then season with salt, pepper and thyme.
- Crumble the cheese into a small pan and mix together with the cream and milk. Stir over a low heat until the cheese has melted.
- Cook the tortelloni for 2 minutes in salted boiling water. Drain and mix in with the mushrooms. Pour in the melted cheese and stir gently.
- Serve in a bowl and season with salt and pepper to taste.





Fresh tomato and mozzarella gnocchi salad

SERVES TWO

1 pack *La Famiglia Rana Filled Pan-Fry Tomato & Mozzarella Gnocchi*

150g green beans

1 egg

2 large tomatoes

1 tbsp pine nuts

1 sprig oregano

a few marjoram leaves,

extra virgin olive oil

salt and pepper to taste

Boil the egg for 7 minutes then immediately cool in iced water for 2 minutes. Remove the shell and set aside.

Cook the green beans in salted boiling water for 4-5 minutes.

Melt a knob of butter in a non-stick pan. Add the gnocchi and fry over a medium heat, turning from time to time. Fry the gnocchi for at least 5 minutes until crisp and golden.

Meanwhile, if you like your pine nuts toasted rather than raw, put them in a dry pan over a low-medium heat and move them continuously until golden brown. Once done, remove from the pan immediately.

Place a handful of green beans, a sliced tomato and half an egg on each plate. Season with olive oil, the sprig of oregano, salt and pepper then add the crispy gnocchi.

Complete the dish with a sprinkling of chopped pine nuts and some marjoram leaves.





King prawn pappardelle

SERVES TWO

1 pack *La Famiglia Rana Fresh Pappardelle*

2 bell peppers, one red, one green

8 king prawns, shelled

a handful of parsley

1/2 tsp paprika

extra virgin olive oil

salt

Preheat your oven to 200°C.

Cut the peppers into strips and season with a little olive oil, salt and pepper. Roast in the oven for 10 minutes.

Once roasted, remove the skin from half the peppers and blend the flesh with a little bit of water to create a thick sauce, setting the other half aside.

Sauté the prawns with a little olive oil and a sprinkling of paprika.

Cook the pappardelle for 2 minutes in salted boiling water, drain and pour into the pepper sauce.

Mix in the remaining pepper strips and add a sprinkle of chopped parsley. Plate up and dress with the prawns.

Fish 'n' gnocchi chips

SERVES TWO

1 pack *La Famiglia Rana*
Pan-Fry Original Gnocchi

300g skinless cod fillets

100g flour

100ml sparkling water

1 lemon

parsley for sprinkling

oil for frying

salt and pepper to taste

Add the flour and sparkling water to a mixing bowl and stir together for a short time to form a batter.

Cut the fish into bite-sized chunks then mix into the batter.

Fry the fish in hot oil until cooked. Pat dry with kitchen roll to remove excess oil, then season with salt.

Melt a knob of butter in a non-stick pan. Add the gnocchi and fry over a medium heat, turning from time to time. Fry for at least 5 minutes until crisp and golden.

Serve the gnocchi in paper cones with the fish, lemon wedges and a sprinkle of fresh parsley.

Prego! Enjoy fish 'n' chips, Italian style.









Quickie cappelletti with parmesan sauce

SERVES TWO

1 pack *La Famiglia*
Rana Prosciutto Crudo
Fresh Cappelletti

40g grated Parmigiano

1 tbsp butter

1 tbsp plain flour

125ml whole milk

1 tsp balsamic vinegar

fresh parsley

salt and pepper to taste

Melt the butter in a small pan and mix in the flour. Stir in a little bit of milk at a time, then add the Parmigiano and season with black pepper. Cook on a low heat for 3-4 minutes.

Cook the cappelletti for 2 minutes in salted boiling water. Drain, plate up then pour the Parmigiano sauce on top.

Complete the dish with some drops of balsamic vinegar and a sprinkle of fresh parsley.

Comforting cheesy tortelloni

SERVES TWO

1 pack *La Famiglia
Rana Spinach & Ricotta
Fresh Tortelloni*

80g stilton cheese

100ml whole milk

40g hazelnuts

1 tsp cornflour

8 sage leaves

1 tbsp butter

salt and pepper to taste

Warm up the milk on a gentle heat and crumble in the stilton. Stir until they melt together.

Mix the cornflour with a little cold water to form a paste, then mix into the milk and cheese. Stir on a low heat until thickened, seasoning generously with cracked black pepper.

In a small pan, fry the sage leaves in melted butter.

Cook the tortelloni for 2 minutes in salted boiling water. Drain and plate up, topping with your melted cheese sauce, chopped hazelnuts and crispy sage leaves.











Aubergine ‘duetto’ tortelloni

SERVES TWO

1 pack *La Famiglia Rana Aubergine Parmigiana Fresh Tortelloni*

2 mini Burrata cheese or 1 regular one

4 baby aubergines, or 1 regular aubergine

1 red chilli

a handful of parsley

extra virgin olive oil

salt

Cut the aubergines into slices and fry them in hot oil. Pat dry with kitchen roll to remove excess oil, then season with salt.

To make your chilli oil, brown the chilli with two tablespoons of olive oil. Tip – the more of the chilli you use the spicier your oil will be!

Cook the tortelloni for 2 minutes in salted boiling water. Drain and season with the spicy oil. Mix in the aubergines and some parsley. Plate up. Add your mini Burrata cheese (or half the normal sized one) to the side of each plate – live life generously!

Zesty ravioli with broad beans

SERVES TWO

1 pack *La Famiglia Rana Organic Spinach, Ricotta & Burrata Whole Wheat Fresh Ravioli*

120g fresh broad beans

40g pecorino cheese

1 garlic clove

1/2 tbsp orange zest

chives

extra virgin olive oil

salt and pepper to taste

Crush the garlic clove and brown it in a pan with a little extra virgin olive oil – remove the garlic from the pan before it's completely brown.

To the same pan, add the broad beans and cook for a few minutes. Use a wooden spoon to add a little water.

Flavour with the orange zest and chopped chives.

Meanwhile, cook the ravioli for 3 minutes in salted boiling water. Drain and add to the pan with the broad beans. Gently stir together for roughly 20 seconds and season with shavings of pecorino cheese and cracked black pepper.







Grazie mille!

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