



Pure Flour from Europe Brings Flour Power to Spring Recipes
Organic Flour and Semolina Punch Up Pasta, Pizza, Breads and Cakes

ROME (March 19, 2024) – Pure Flour from Europe, a marketing and promotion campaign run by ITALMOPA, the Italian Milling Industries Association and co-funded by the European Union, invites home bakers and professional chefs alike to celebrate Spring with recipes using Italian and European organic wheat flour and semolina.

“We’ve assembled dozens of recipes that use organic wheat flour and semolina from Italy to showcase the excellence and versatility of our members’ offerings,” says Andrea Valente, president of ITALMOPA. “Our goal is to educate food lovers about the versatility and excellence of our products.”

For a delicious vegetarian dish, delight your guests with a simple recipe for Gnocchi tossed with springtime vegetables such as peas or asparagus or both. The word Gnocchi in Italian translates as “lumps,” and like many pastas the name refers to the shape. These lumps make for a dish that can be delicate in taste and perfect for the season. Find the recipe at pureflourfromeurope.ca/recipes/gnocchi.



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While some Gnocchi recipes are made with potatoes, pumpkin or ricotta cheese, this recipe is made with certified Italian 00 organic flour—sometimes called “double zero”—that is also suitable for fresh pasta.

The grading system for both Italian organic and conventional flours uses '00' or '0' based on the amount of mineral salts and proteins in the flours. This grading allows users, particularly bakers, to precisely choose the right texture for their purpose. Semolina refers to coarsely milled durum wheat, often used in pasta.

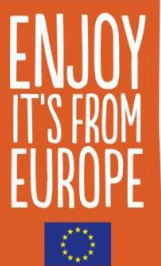
Organic flour and organic semolina are milled from grain grown in pesticide-free soil fertilized with natural substances. This method keeps the bran and germ content intact and the wheat is aged without additives. This process allows the grain to absorb more nutrients from the soil which accentuates its flavors.

For a sweet treat, try [Lemon Semolina Cookies](#) made with Organic Semolina or a [Ricotta Cake](#) made with 00 organic flour and lemon and orange zest. These simple recipes showcase the power of great flour.



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About ITALMOPA

Founded in 1958 and based in Rome, ITALMOPA represents 82 companies across Italy that mill soft and durum wheat to produce flour and semolina for pasta, bread, pastries, pizza and more. Learn more and find recipes for Italian favorites at www.pureflourfromeurope.eu

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