

KEEP REFRIGERATED



DO NOT EAT RAW NOODLES

**EXCEPTIONALLY CURIOUS NOODLES.** That's what the Noodlers at Dumpling & Strand seek in every batch of our fresh-made noodles (never dried, always fresh!). Masters at creating noodles with a heavenly taste and toothsome bite, these Minnesota Noodlers focus on *curious grains*, *curious shapes* and *curious techniques*—thus forever changing the role of noodles on your plate.

**TOASTED FARRO CAVATAPPI:** Farro refers to three species of ancient grains — spelt, emmer, and einkorn — and its earliest evidence of human consumption dates back 10,000 years. (We like to believe our ancestors were busy making a hearty noodle for their mammoth ragu.) Preferring emmer because of its superior texture and flavor, we source it from organic Midwest farms, then have it toasted and stone milled by a Minneapolis miller. These curious techniques coupled with a corkscrew of a noodle, creates a toasty and nutty flavor — one that pairs well with sautéed mushrooms, braised meats, dry aged cheeses, or other simple sauces and ingredients.

Visit [DUMPLINGANDSTRAND.COM](http://DUMPLINGANDSTRAND.COM) for more pairing ideas and recipes. *Always share with friends or family!*

### COOKING INSTRUCTIONS:

#### FROM REFRIGERATOR:\*

- 1) Put 4 qts of water and 3 tsps of salt into a large pot.
- 2) Bring to a vigorous **ROLLING BOIL**.
- 3) Gently loosen noodle bundle and place into the boiling water for **2 MINUTES**.
- 4) Drain. Immediately add oil, sauce or finish in pan.

\* IF FROZEN: thaw in refrigerator overnight for best results.

**INGREDIENTS:** DURUM SEMOLINA (DURUM WHEAT, NIACIN, IRON, THIAMIN, RIBOFLAVIN, FOLIC ACID), ORGANIC TOASTED FARRO (EMMER WHEAT), EGGS, FILTERED WATER, SEA SALT, GLUCONO DELTA LACTONE (A NATURAL ACIDIFIER FOUND IN HONEY AND WINE).

CONTAINS EGG AND WHEAT INGREDIENTS. MADE IN A FACILITY WHERE TREE NUTS AND SESAME SEEDS ARE USED.

## Nutrition Facts

3 servings per container

Serving size **3 oz (85g)**

Amount Per Serving

**Calories** **258**

% Daily Values\*

Total Fat 1g **2%**Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 25mg **8%**Sodium 370mg **15%**Total Carbohydrate 52g **17%**Dietary Fiber 6g **24%**

Total Sugars 0g

Includes 0g Added Sugars **0%**Protein 9g **18%**

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USE OR FREEZE BY THE DATE ON THIS PACKAGE