

WHAT IS BIO COOKING?

Due to industrial techniques and products applied in agriculture and the intensive use of fertilizer and chemicals, the biological quality of food has deteriorated, despite its excellent appearance, which affects the health of humans and the whole environment (soil, plants and animals). Excessive chemical treatments, intensive farming methods, and extreme industrialization have upset the “biological balance.” This means that food has lost its flavor and important nutritional elements. The consequent accumulation of toxins in animals and people’s reduced ability to stave off illness and to resist a barrage of current marketing strategies only designed to seek profit complete the scenario. Organic farming, which is defined and regulated by the EU and Italy, is a production method with techniques confirmed by scientific research that best protects the health of humans, animals and the environment.

Organic farming also has a low impact on the environment. It favors the biodiversity of the natural environment and it respects all living things. Organic farming does not use synthetic chemicals or genetically modified organisms (GMO). Animals are humanely raised in respect of their wellbeing and are fed with products from organic farming. Organic foods have many more nutritional and antioxidant substances compared to processed foods. All our organically grown products are certified by a qualified institute authorized to make on-site inspections and to conduct laboratory tests.

Our products are made from raw materials that mainly come from the province of Pavia, which permits the traceability of each ingredient used.

FLOURS

Our wholegrain flours are obtained by stone grinding grains of wheat.

This system preserves the external part of the grain that is rich in fiber, mineral salts, vitamins, protein and cellulose. Inside are starch and “wheat germ”, which is an authentic concentrate of nutritional substances such as amino acids, fatty acids, mineral salts, Vitamin B, and tocopherol (Vitamin E).

The best wholegrain flours have a low refinement index. Type 00 and 0 flours are white and fine, but their nutritional value is much lower than other flours. Refined flours may look more appealing, but their nutritional content is much poorer than wholegrain flours.

Traditional stone-ground and sun-dried cornmeal contains all the most important nutritional substances and is ideal for making polenta.

DRY PASTA

Our dry pasta comes from the Orlandini organically-certified farm in Corana, a town just 26 km from Pavia. This pasta is made with stone-ground whole wheat durum flour or with emmer flour.

Thanks to this artisan milling method, whole wheat durum flour and emmer flour preserve the “germ” that is a concentrate of vitamins and nutritional substances.

The eggs used in the egg pasta are individually inspected before use.

“Colored” pasta is made of fresh vegetables in season that have been chopped very fine.

All ingredients added to the dough are from organic farms.

LEGUMES

Legumes are an excellent source of protein.

The combination of grains or their by-products with legumes is very rational and provides the body with an amount of protein comparable to animal proteins.

Pasta with beans, pasta with chickpeas, and rice with peas are complete dishes from a nutritional standpoint.

More grains and more legumes mean better health.

BIOCOOKING

