



[Pasta Reinvented](#), Copyright © 2018 by Caroline Bretherton. Published by DK, a division of Penguin Random House LLC. Photography Credit: © Dorling Kindersley: Charlotte Tolhurst, 2018.

#### **Our Summary:**

Who doesn't love pasta? And, who hasn't felt the stigma attached to loving a big hearty bowl of those comforting carbs? [Pasta Reinvented, Gluten-free pastas, Alternative noodles, and 80 creative and delicious recipes](#), by Caroline Bretherton, frees us from shame and paves the way to delicious new ideas around pasta. Using non-traditional pastas to create exciting, comforting and crave-worthy noodle dishes, [Pasta Reinvented](#) offers recipes to create gluten-free pastas or use store-bought alternative pastas that give you complex textures alongside sophisticated flavors. Wrap in nutritional benefits for low-carb and gluten-free diets without compromising

on taste, and you have every reason (and excuse – if you need one!) to love pasta again.

#### **What you need to know:**

**Get it:** [Pasta Reinvented](#), Copyright © 2018 by Caroline Bretherton. Published by DK, a division of Penguin Random House LLC. Photography Credit: © Dorling Kindersley: Charlotte Tolhurst, 2018, Hardcover (UK) February 13, 2018. Available online ([Amazon \\$18.11 \(Hardcover\)](#); [\\$13.36 \(Paperback\)](#); [Kindle \\$9.99](#))\*

**See it:** 192 Pages of smart, exciting alternatives to wheat-based, often gluten-laden pasta recipes, including the recipes and instruction to craft your own alternative pastas. Color photos of the alternative pastas in process and many of the finished dishes. A detailed and logical flowing table of contents guides you to exactly what you want to know or cook.

**Make it:** 8 alternative pasta recipes, plus over 70 recipes that transform these alternative pastas into satisfying, easy to make, crave-worthy dishes.

\* Product prices and availability are accurate as of the date of publication and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.

#### **Chef Donna's Review:**

You instantly know your life is changed when you open [Pasta Reinvented](#). The dramatic cover with bright red-purple ribbons of pasta made from beets sends a clear signal you are holding something new, and special. Fear not! You do not need a pasta maker to be able to cook successfully from this book, though if you are willing, and have the equipment (or are willing to invest in the modest cost of a pasta roller), you'll discover new ways to love and create pasta – more than you ever thought possible.

By choosing alternatives to traditional wheat-based pasta such as grain and nut pastas, legume pastas water-packed noodles, and vegetable noodles, your options with this book seem endless. In [Pasta Reinvented](#) you'll choose from a range home-made pasta doughs that include chickpea flour, spinach and millet flour, corn flour, or almond and tapioca flour (to name a few) as your base ingredients. If making pasta isn't your thing, you have options there too. Alternative pastas, available in a multitude of formats, including spiralized vegetables, seaweed and pre-packaged pastas made from beans and other ingredients, all have a place in this book, with recipes that deliver regardless of the format you start with.



[Pasta Reinvented](#) goes to great lengths, about 60 pages worth, to explain different pasta alternatives. Everything from understanding what you buy at a healthy grocer, such as legume-based and nut-based pastas, or water packed noodles like the popular *shirataki*, to making your own spiralized vegetable noodles or your homemade gluten-free fresh pasta dough. That Bretherton adds several pages and instructions on shaping and rolling pasta is an added bonus, and helps the first-time pasta maker feel confident, not confused. You'll be successful and look like a seasoned chef as you create your first home-made pastas.

Best of all, if you don't have (or want to invest in a pasta roller machine or the expensive attachment for your stand mixer), [Pasta Reinvented](#) gives you plenty of options for hand rolling these non-traditional, many of which are gluten free, doughs. This book teaches you everything from making the pasta dough, to shaping the dough into gnocchi or spaetzle, orechiette to farfalle, and then provides instructions for rolling sheets for ravioli or to hand cut ribbons from for spaghetti, tagliatelle or any length. With all this, you'll be cooking up dishes in no time with the recipes from the book that include soups, salads, and main courses.

[Pasta Reinvented](#) may be sheer genius. Bretherton skillfully and rather easily provides instruction on how to cook these alternative pastas regardless of where you source the star ingredient. And, with the range of dishes that the more than 70 recipes cover, the flavors and ingredient combinations might just maybe steal the show here. With everything from *Spaghetti with Pancetta and Poached Egg* to *Black Bean Pasta with Muhammara and Walnuts* to the *Prosciutto Fig and Thyme Ravioli with Browned Butter*, what becomes possible in your kitchen doesn't change regardless of where the pasta comes from. If you make your own pasta dough you're treated to dishes like *Beet Tagliatelle with Goat Cheese and Fried Sage*, *Spelt Pasta with Grilled Radicchio and Prosciutto*, or *Chickpea Cacio E Pepe with Crisped Leeks* that land on your table in no time. If you buy your alternative pastas, like kelp noodles, soba noodles, shirataki noodles and veggie spirals, Bretherton has recipes that speak directly to those formats, too.

When you pick up [Pasta Reinvented](#), you have the ultimate guide-book to alternative pastas in your hands. Even without a pasta maker, you can still make pasta shapes, roll it by hand, or buy it at the store, and remain fully satisfied and endlessly curious as to what's possible when you reinvent the way you think about pasta.

Recipes to cook from [Pasta Reinvented](#), Copyright © 2018 by Caroline Bretherton. Reprinted with permission by DK, a division of Penguin Random House LLC.

[Prosciutto Thyme & Fig Ravioli with Browned Butter \(with Almond and Tapioca Pasta recipe\)](#)

[Cacio E Pepe with Crisped Leeks \(with Chickpea Pasta recipe\)](#)

[Citrus Zucchini Cannelloni with Goat Cheese](#)