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## **PAOLA'S SIGNATURE: AUTHENTIC ITALIAN CUISINE**

*Trofie: Perfecting Handmade Pasta at Paola's*  
*Carciofi alla Giudea: A Bouquet of "Roman Roses"*

Moving forward while protecting the past is the duality of the classic Italian cuisine at Paola's Restaurant. After almost 30 years in business, Paola's continues to evolve and meet changing consumer demands by ensuring organics, friending the farmer, guaranteeing gluten-free, offering whole wheats. Sometimes that means overtly stating what has always been, or changing to accommodate.

However, above the background din of contemporary, two dishes stand out on her menu which represent steadfast adherence to tradition. The first, Trofie, are small pieces of pasta that have been rolled and twisted into tapered "unicorn horns", and are still made by hand at Paola's as in their native Liguria. They are served with fresh basil pesto, toasted pine nuts, potatoes and string beans. The pasta itself is simply made from all-purpose flour, a little bit of Grana Padano cheese for flavor and consistency, salt and water. A small, ridged paddle is used, just as in Italy, to roll the pasta by hand into its twisty shape. All of the pasta at Paola's is rolled fresh daily, but the Trofie have to be formed with a particular motion. "I remember in Italy the ladies sitting at the table and rolling Trofie with a special flick of the wrist," says Paola Bottero, Chef and Owner of Paola's, demonstrating the flick as she reminisces, "it's a trained motion to get it just right – and we do it just that way". Formed and prepared according to tradition, the dish pairs beautifully with a Pigato Vermentino wine from Liguria's gem communities, the seaside Cinque Terre, 5 rocky towns perched above the Mediterranean. It is one of the more than 150 regional Italian Wines from Paola's varied list.



More like a present than an appetizer, the Carciofi alla Giudea, twice crisped fresh baby artichokes, arrive at the table like little roses in bloom. This appetizer, in the style of the ancient Roman Jews, is made over a two-day process. On the first, the young artichokes are peeled and pared, then simmered for 30 minutes until the center is tender, after which they are set to marinate and drain for 24 hours in rectangular sieves. When ordered, they are coaxed open by hand, pan seared, and served in threes. "What is essential to this dish", says Paola, "is the artichoke itself. It has to be young, tender, and entirely edible – not the standard, pointy chokes more often available in the States. We buy them large and loose from California". A two-day preparation, but a two-second bite confirms; this is something special.

These treasures of Italian culinary history are embedded within a robust menu that meets every memory of an authentic Italian Trattoria. Ask Paola her favorite, and she quickly answers " The Agnolotti... or wait, the Polpettine. Well, the Gamberi are good too. Or maybe....". Her loyal customers are as happily indecisive.

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Photos available:

- Trofie being formed with hand and paddle
- Trofie, a completed portion ready to be cooked
- Trofie plated and served with pesto preparation
- Hand made fresh pasta at Paola's
- Young artichokes whole and peeled
- Artichokes after step one: simmered and marinated
- Artichokes after step two: sautéed and served in threes

Video and demos available

For more information:

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