

Tagliatelle Fritte – Monterubbiano’s Fried Pasta

Tagliatelle Fritte are a traditional specialty from Monterubbiano, in the province of Fermo, Le Marche. They combine the comfort of pasta with the crunch of frying, a rare combination in Italian cuisine. This recipe offers a step-by-step guide to recreate this beloved dish at home.

Ingredients (serves 4–6):

- 1 250 g fresh tagliatelle all'uovo (egg pasta)
- 2 200 g mixed minced meat (beef and pork)
- 3 1 small onion, finely chopped
- 4 1 carrot, finely chopped
- 5 1 celery stalk, finely chopped
- 6 200 ml tomato passata (for ragù)
- 7 2 tbsp olive oil
- 8 2 tbsp grated pecorino or parmigiano cheese
- 9 150 ml béchamel sauce or cooking cream
- 10 2 eggs (for coating)
- 11 Breadcrumbs (for coating)
- 12 Salt and pepper to taste
- 13 Vegetable oil for frying

Preparation Steps:

- 1 Prepare the ragù: Heat olive oil in a pan. Add onion, carrot, and celery. Sauté until soft. Add the minced meat, season, and brown it. Pour in the tomato passata and simmer for 30 minutes until thick.
- 2 Cook the tagliatelle until al dente. Drain and cool slightly.
- 3 Combine the tagliatelle with the ragù, béchamel, and grated cheese. Mix well until the pasta binds together.
- 4 Form the mixture into small balls or flat patties using your hands.
- 5 Beat the eggs and dip each piece into the egg mixture, then coat thoroughly with breadcrumbs.
- 6 Heat oil to 170–180°C. Fry the tagliatelle pieces until golden and crisp on both sides (3–4 minutes).
- 7 Drain on paper towels and serve hot, ideally on a bed of extra ragù or with grated cheese.

Tips:

- 1 Use fresh pasta, not dry, for better binding.

- 2 Chill the shaped pieces before frying to prevent them from falling apart.
- 3 Keep the oil temperature consistent for even frying.
- 4 If you prefer, bake them in the oven at 180°C for 15–20 minutes for a lighter version.

Tagliatelle Fritte represent the creativity of Le Marche's rural kitchens — turning simple ingredients into something festive and unforgettable. Enjoy them with family and a glass of local Rosso Piceno wine.