

= Testaroli =

Testaroli , sometimes referred to as testarolo , is a type of pasta or bread in Italian cuisine that is prepared using water , flour and salt , which is sliced into triangular shapes . A common dish in the Lunigiana region and historical territory of Italy , it is an ancient pasta originating from the Etruscan civilization of Italy . Testaroli has been described as " the earliest recorded pasta . " It is also a native dish of the southern Liguria and northern Tuscany regions of Italy .

Testaroli is prepared from a batter that is cooked on a hot flat surface , after which it may be consumed . It is traditionally cooked on a testo , a flat terra cotta or cast iron cooking surface from which the food 's name is derived . It is sometimes cooked further in boiling water and then served . Testaroli is sometimes referred to as a bread , similar to focaccia in composition , and is sometimes referred to as a crêpe . It may be dressed with pesto sauce or other ingredients such as olive oil , Pecorino cheese , Parmigiano @-@ Reggiano , and garlic . Falsi testaroli al ragu is a similar dish prepared using sliced pasta dough and a ragu sauce .

= = Etymology = =

Testaroli 's name is based upon the testo , a terra cotta or cast iron cooking device with a hot , flat surface that testaroli is traditionally cooked on .

= = History = =

Testaroli is an ancient pasta that originated from the Etruscan civilization , a civilization of ancient Italy . The book Rustico : Regional Italian Country Cooking states that testaroli is " a direct descendant of the porridges of the Neolithic age that were poured over hot stones to cook . " It is a native dish of the southern Liguria and northern Tuscany regions of Italy . According to an article published by The Wall Street Journal , it is " the earliest recorded pasta . "

In the Italian province of Massa and Carrara , located within the Tuscany region , it was a peasant food consumed as a one @-@ course meal , topped with grated cheese and olive oil . In Massa and Carrara , it was sometimes accompanied with stracchino cheese or charcuterie . Testaroli remains a very popular dish in Pontremoli , a small city in the province of Massa and Carrara , where it is served at virtually every restaurant in the city , during both mornings and evenings . Testaroli is also a common and specialty dish in the Lunigiana region and historical territory of Italy , which is located between the Liguria and Tuscany regions .

= = Overview = =

= = = Ingredients and preparation = = =

Testaroli is a type of pancake @-@ like pasta prepared using water , wheat flour and salt that is sliced into triangular shapes . Chestnut flour is sometimes used in its preparation . The ingredients are mixed together and prepared as a batter , after which it is cooked , sometimes using a two @-@ stage cooking process . In the typical first stage , and sometimes only stage of cooking , the batter is poured and cooked on a hot , flat surface in the style of a pancake or crêpe . In this process , testaroli is traditionally cooked on a testo , which may be prepared for use by being heated over hot coals . A skillet is another cooking device that can be used to cook the batter . The pasta is then sliced into triangles , and is sometimes directly served after this cooking process . In the second cooking stage that is sometimes performed , the pasta may be set aside to cool , and then cooked further in boiling water .

Testaroli is sometimes referred to as a type of bread that is similar to focaccia , and is also sometimes referred to as a crêpe . The book The Italian Country Table refers to testaroli as a " near cousin to pasta " , and as a " great round pancake @-@ like bread no more than a quarter inch thick

. " This book also states that when it is baked to a crisp texture , it can be consumed in the style of a bread , whereas when baked less , it may have a spongy and soft texture , like a pasta . Cooking methods vary in different areas of Italy , and some of these methods are traditional in nature .

= = = Service = = =

Testaroli is sometimes served with pesto sauce , which is a common addition to it in the Liguria and Tuscany regions of Italy . Another dressing method includes the addition of olive oil , Pecorino cheese , Parmigiano @-@ Reggiano , garlic and basil . Significant amounts of sauce may absorb into testaroli .

= = Falsi testaroli al ragu = =

A very similar dish is falsi testaroli al ragù (English : " false testaroli in ragù ") , which is prepared using sliced pasta dough and does not involve the use of a batter or cooking on a testo . It is served with a ragù , an Italian meat @-@ based sauce .