

Hop shoots pasta pie *(Pasta & rice main dishes)*



Preparation

You need to get everything ready before starting to make the pasta pie. Start by putting the hop shoots in a bowl, grate the cheese, and make the béchamel. Now for something a bit more difficult: roll out the pasta with the appropriate pasta maker. You need to make the pasta sheets as wide as possible. When you pull the dough through, make sure you have floured the work surface well. Once you've pulled all the dough through, boil a pot of salted water and cook each lasagne for 10 seconds, then dunk them in a basin of cold water. Once all the lasagne are cooked, proceed to layer up the pie: in a baking tray start with a very thin layer of béchamel, then add a layer of pasta (which you should cut so that it just fits in the baking tray), another layer of béchamel sauce, a layer of hop shoots, and sprinkling of parmesan. Carry on like this until the pan is full. The last layers should be pasta, béchamel sauce and parmesan. Bake in the oven for 20 minutes at 180°C and once ready, let it rest for a further 10 minutes so it can cool a little and settle.

Tips

If you go to pick wild hop shoots yourself, bear in mind that contrary to the case with other shoots or grasses, the longer ones are the sweeter and tastier.

Trivia

Hop shoots, like most wild greens, have different names depending on the geographical region in which they are found: so you find 'luvertin' in Piedmont or 'lavertin' in Monferrato, while in Veneto, Emilia Romagna and in the area of Trieste they are called 'bruscandoli' or 'vidisoni', or 'vartis'; In Friuli they are known as 'urtizon', 'bertūçj' in the Val di Vara, 'viticedda' in Cilento, and 'asparagine' in Lombardy. More generally, and almost everywhere, we also find them referred to as 'wild asparagus'.

Information

Preparation 90 minutes

Serves X Serves 5 persons

Level of difficulty Difficult

la terra di Puglia



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Ingredients

Parmesan 60 grams

Béchamel 1500 millilitres

Hops 400 grams (Treated and cooked)

Egg pasta dough 400 grams