

A legend in a bowl

SPAGHETTI

MAGDA GARGULÁKOVÁ

BEA LOZANO



LONG, THIN, GOLDEN, DELICIOUS, AND HUNGER-SLAKING
100% EATABLE

ALBATROS
2026

SPAGHETTI



MAGDA GARGULÁKOVÁ • BEA LOZANO



WHERE DID SPAGHETTI COME FROM?

When they hear "SPAGHETTI", most people think of ...



... but the Italians had to **START SOMEWHERE**.

VERSION 1: MARCO POLO



1295

After twenty years in Asia, merchant and traveler Marco Polo returns to his native Venice.



What has he brought? Everyone is hoping for the celebrated silk and porcelain.



But Marco brings out something better ...



Look, **SPAGHETTI!**



He has a ship full of it.

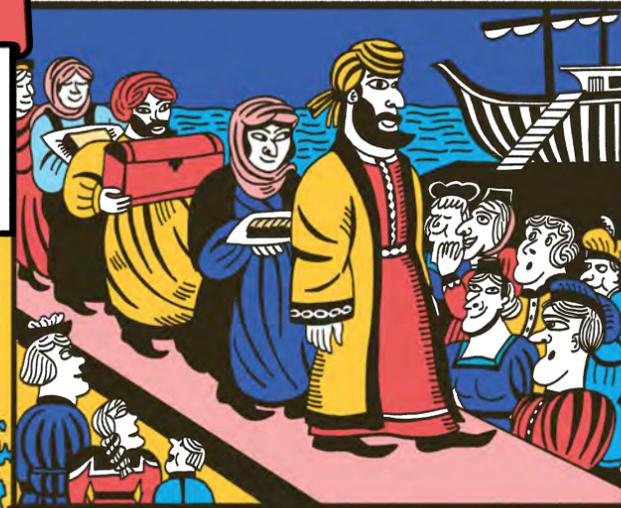


The Venetians don't know what to make of this ... yet.

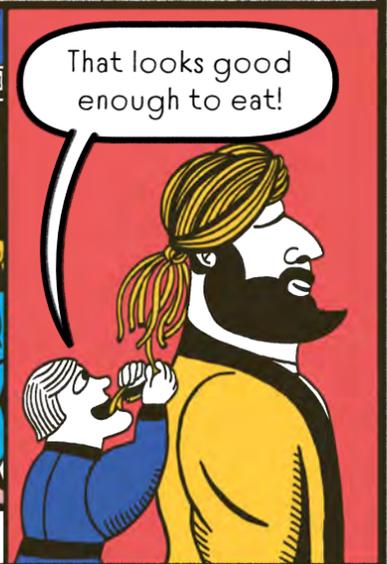
VERSION 2: ARAB TRADERS

7th and 8th centuries

The ships of wealthy Arab traders arrive in Sicily from the Far East ...



... filled with interesting goods.



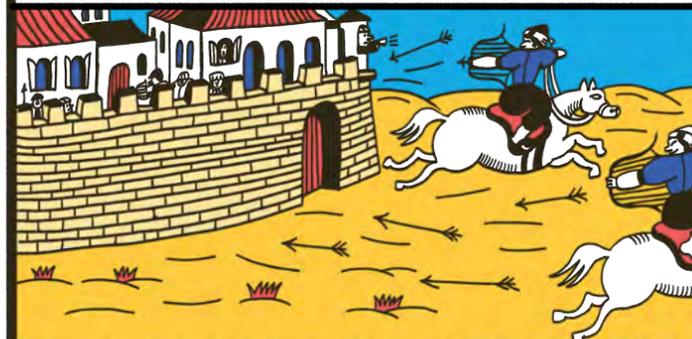
VERSION 3: MARKSMEN FROM MONGOLIA



1220

Goods from all over Asia flow into Europe along the **SILK ROAD**, the most important trade route in the Middle Ages. And not just goods ...

Genghis Khan



Mongol warriors invade this area repeatedly. They are masters of horseback riding and archery.



What a strange arrow



... so let's see ...

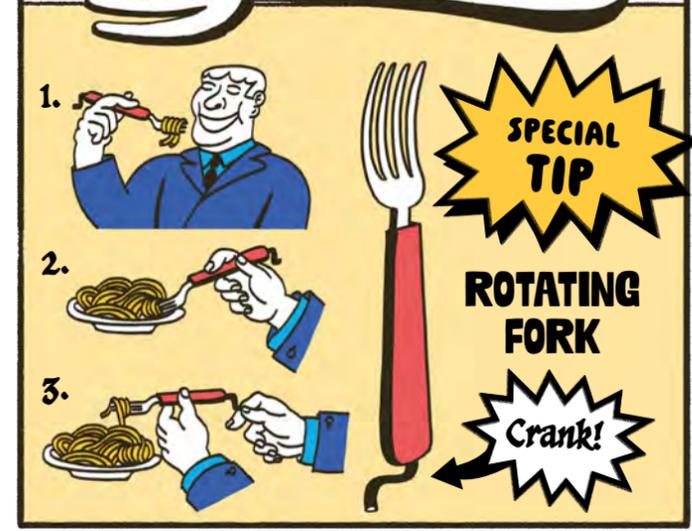


WHAT HELPED ~~SPAGHETTI~~ PASTA BECOME WORLD FAMOUS?

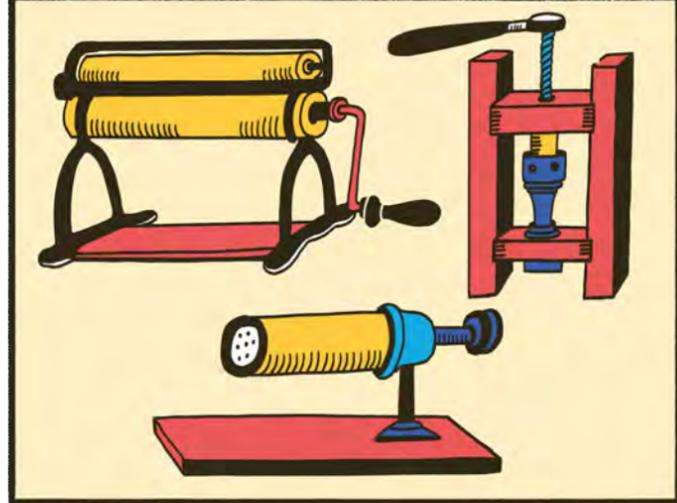
AVAILABILITY
 Everyone can afford it. Everyone likes it. Very few people turn their noses up at it.



INVENTION OF THE FORK
 Thanks to this, spaghetti can finally be eaten!



MECHANIZATION
 Smart inventions helped make spaghetti (and other pastas) quicker and easier to produce ... in large quantities.



THE ITALIANS, who made pasta perfect. If you want to know how, read on.



FINDING THE RIGHT SHAPE

The popularity of pasta is skyrocketing, while Italy, once divided into many small states and kingdoms, is thriving. Each region has its own pasta, each with a different shape. But they all have one thing in common, the international name **PASTA**.

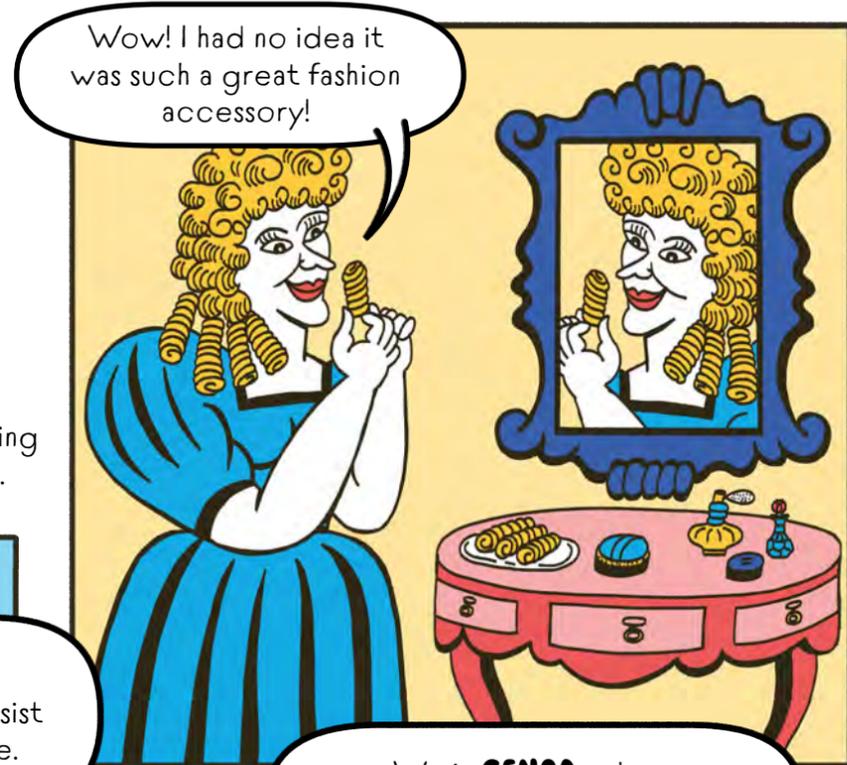


We in **LOMBARDY** insist on elegance.

That goes for our pasta, too!



My love of history has paid off. My **ROTELLE** gets a perfect coat from even the thickest sauce.



Wow! I had no idea it was such a great fashion accessory!



We in **GENOA** value practicality. Our pasta must take in the sauce.

WHY SO MANY SHAPES AND LENGTHS?
It's not just about the diner's aesthetic experience. It's about adapting to local ingredients, traditions, and sauces of the individual regions of Italy.

SPAGHETTI & CO.



GOMITI



FARFALLE



ORECCHIETTE



MAFALDE



RADIATORI



STRANGOZZI



RICCIOLI



CAVATAPPI



CAMPANELLE



MACCHERONI



GARGANELLI



PAPPARDELLE



TORTIGLIONI



FUSILLI



CONCHIGLIE



PENNE RIGATE



ROTELLE



TAGLIATELLE



GEMELLI



CAVATELLI



PENNE LISCE



TROTTOLE



ANELLI



DITALI



RAVIOLI



CAPPELLETTI



ZITI RIGATI



RIGATONI



FILEJA



STELLINE



CAPELLI D'ANGELO



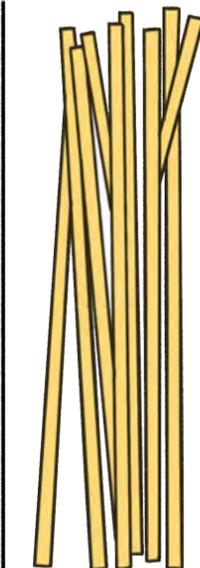
LINGUINE



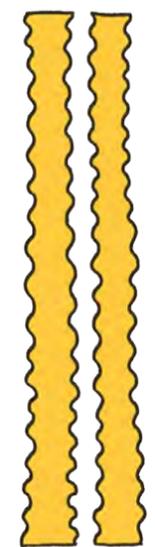
SPAGHETTI



BUCATINI



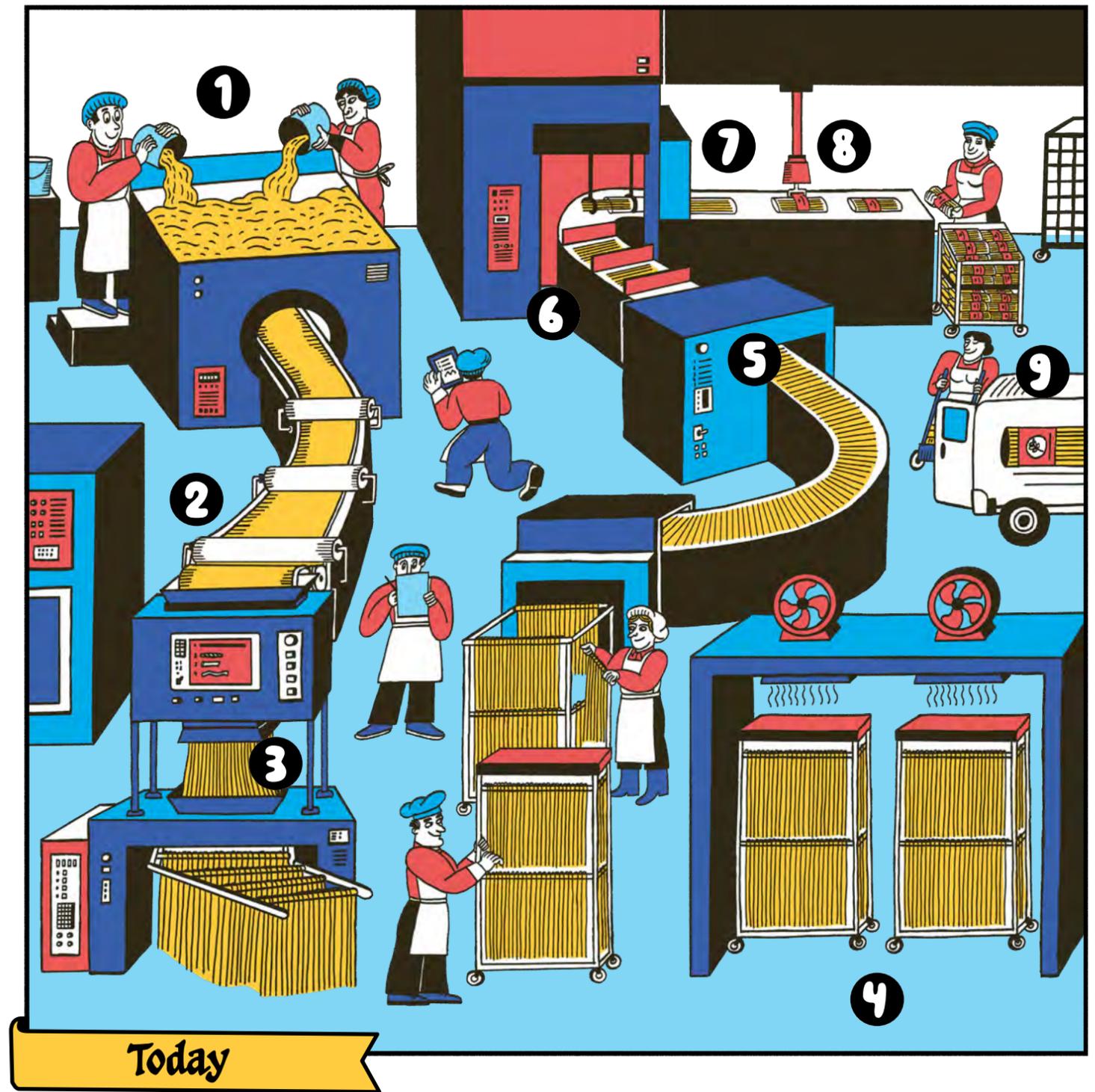
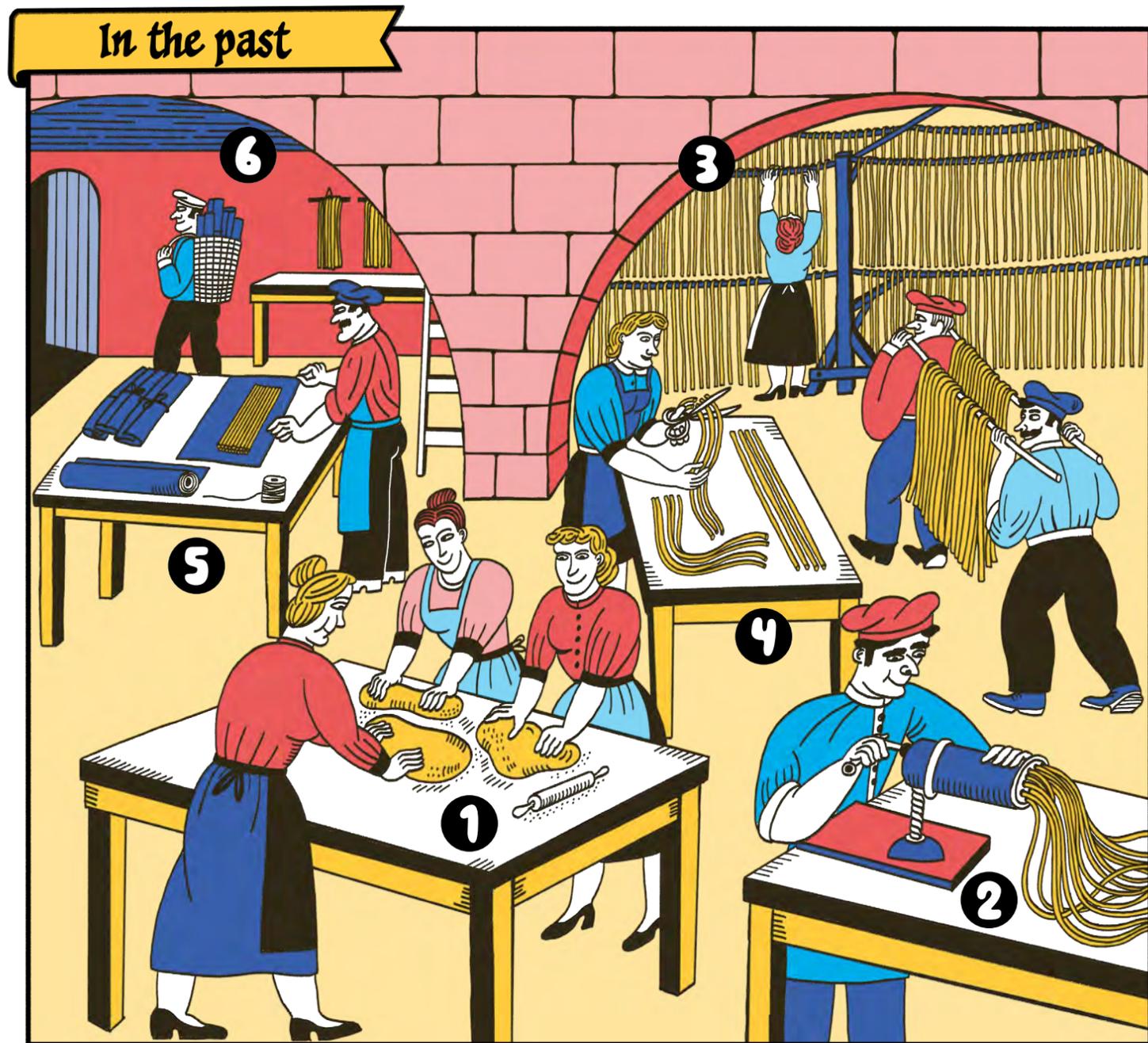
FETTUCCINE



MAFALDE LUNGHE

HOW SPAGHETTI (AND OTHER PASTAS) ARE MADE

Not so long ago, spaghetti was made by hand, which was pretty hard work. The dough, made from flour and water, was kneaded until it was firm and elastic **1**. Then it was rolled and shaped into the desired form (in our case spaghetti), by hand or using a manual press **2**. The shaped, very long spaghetti was hung on rods and laid out to dry in direct sunlight or a drying room **3**. After drying, it was cut to the desired length **4**, packaged **5** and delivered to customers **6**.



Spaghetti production today is fast and mostly automated: the spaghetti is made by machines, not people. A giant mixer kneads the dough **1** and sends it to a conveyor belt, where it is rolled out **2**. Often, the dough goes straight into an extruder, a large press that can make pasta in various shapes. Long spaghetti is made by pushing dough through small round holes **3**. Strands proceed to the dryer, whose warm air dries them thoroughly within a few hours **4**. The now firm, dry spaghetti is cut to the right length **5** and divided into 500g portions **6**. These portions are packaged **7**, given a beautiful label **8**, and sent to the warehouse, from where they will be shipped to stores **9**.

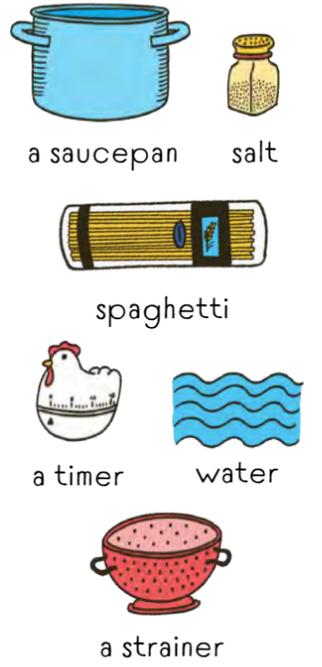
CHOOSE ONE AND LET'S GET STARTED ...



COOKING SPAGHETTI



YOU WILL NEED:



IMPORTANT



WHAT TO DO:

1. Put water in the saucepan and salt it well. Remember that **SALT CANNOT BE ADDED** to pasta that has been poorly salted at first.



2. As the water begins to boil, add the spaghetti.

3. Boil the spaghetti for **5, 7 or 10** minutes, as per the instructions on the package. Count this time from the moment the water starts boiling again.

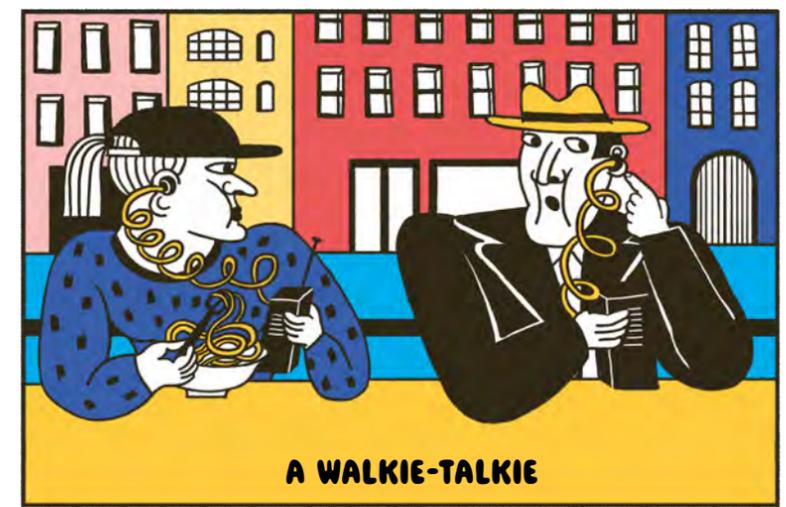
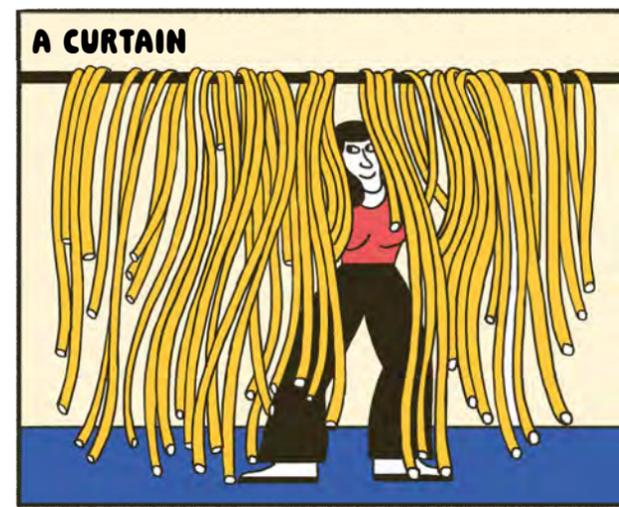
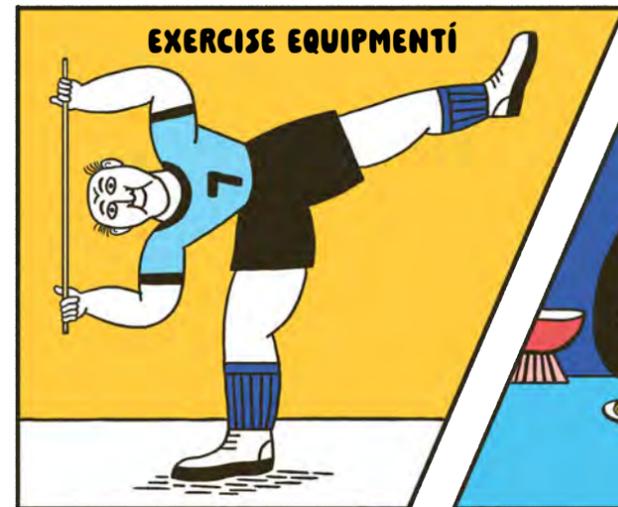
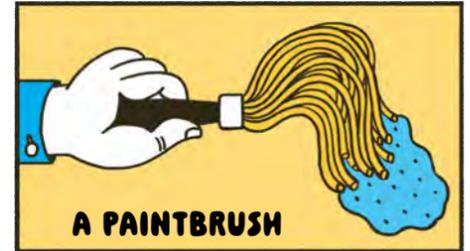
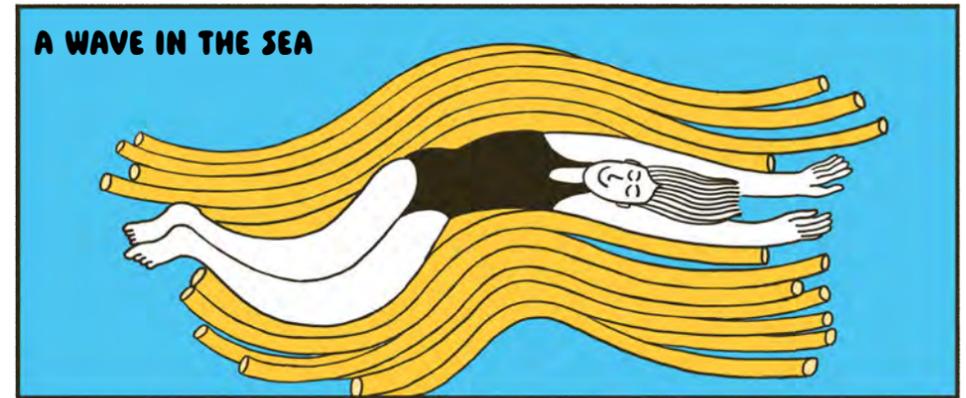
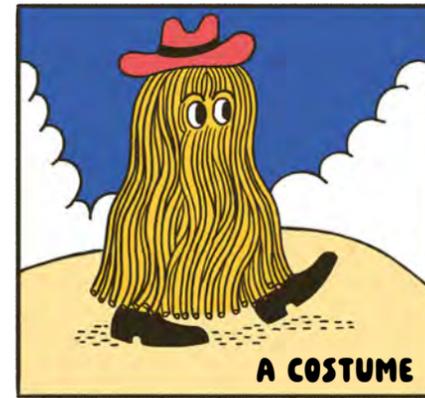
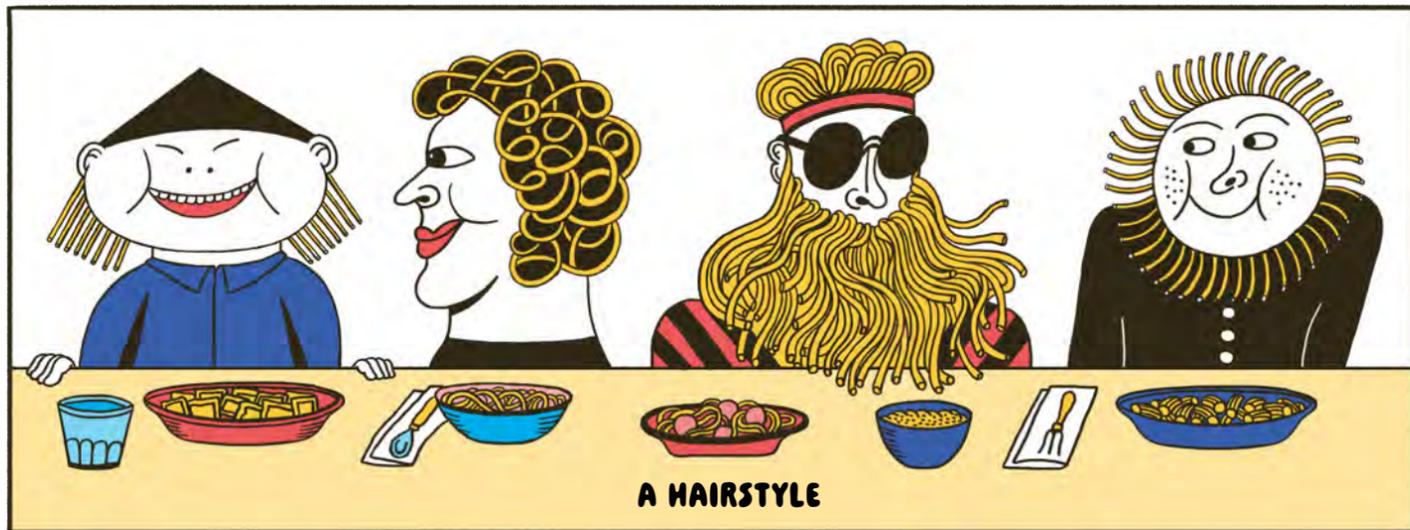
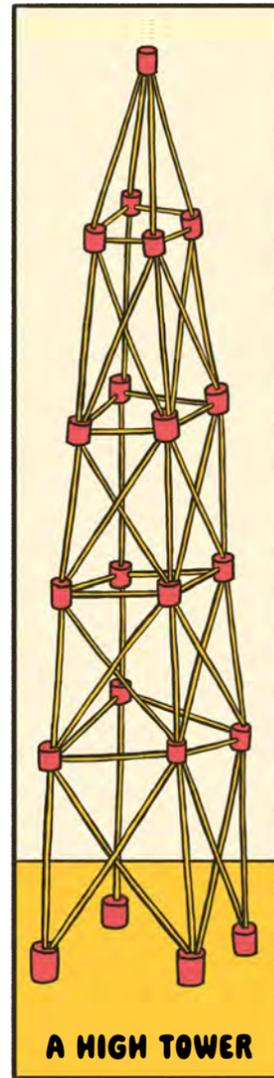
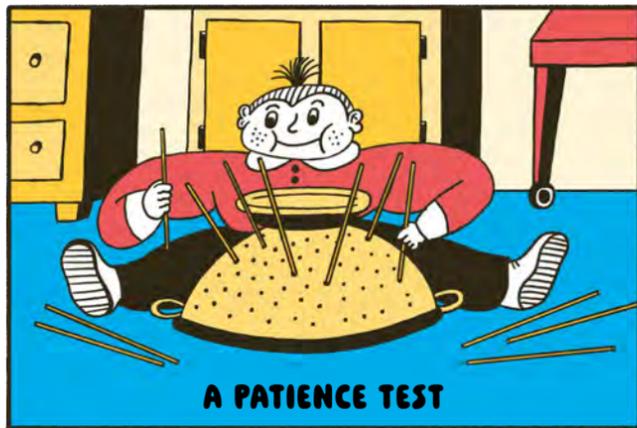


4. Drain the ready spaghetti and mix in whatever you're going to eat it with.



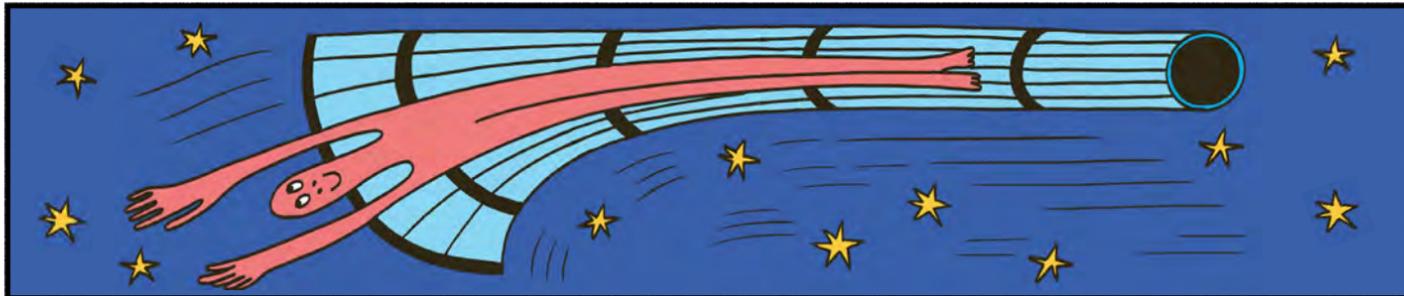
ENJOY!

ALL THE THINGS SPAGHETTI CAN BE



INTERESTING FACTS

FROM
SPAGHETTI
WORLD

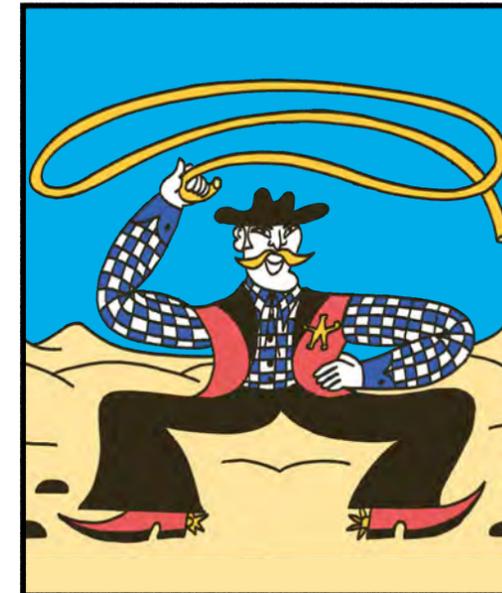


SPAGETTIFICATION A rare phenomenon from outer space. To the astronomer who spots it, it looks like a powerful flash of light. But what is it? A star close to a black hole is stretched by the hole's gravitational pull – exactly like spaghetti! Eventually, of course, the star, too, is torn apart.



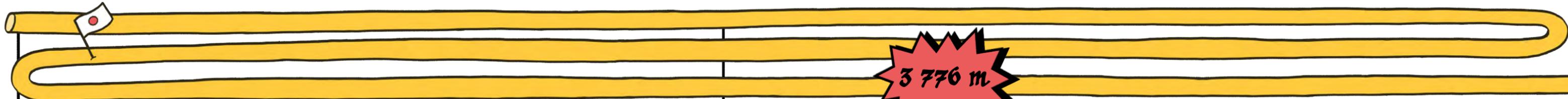
SPAGHETTI SQUASH

When cooked or baked, squash pulp turns into a bowl of spaghetti. How do you think it tastes?



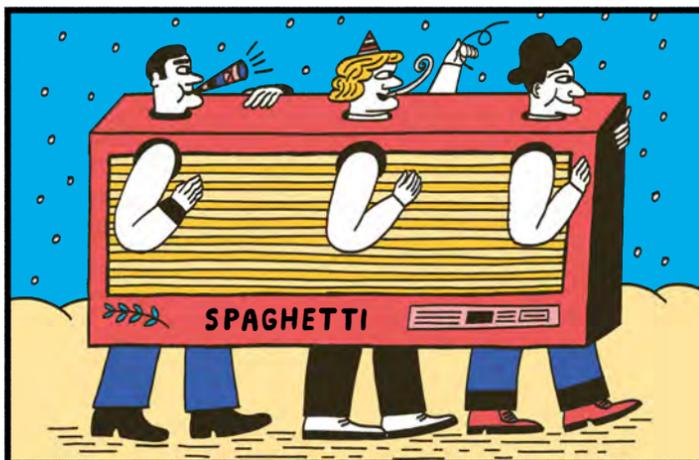
SPAGHETTI WESTERN

Cowboys, dusty towns, thrilling shootouts – that's the Wild West we know and love. But where does the spaghetti come in? In Italian hands, a classic film genre became wilder and rougher. Surprisingly, the heroes eat almost no spaghetti.



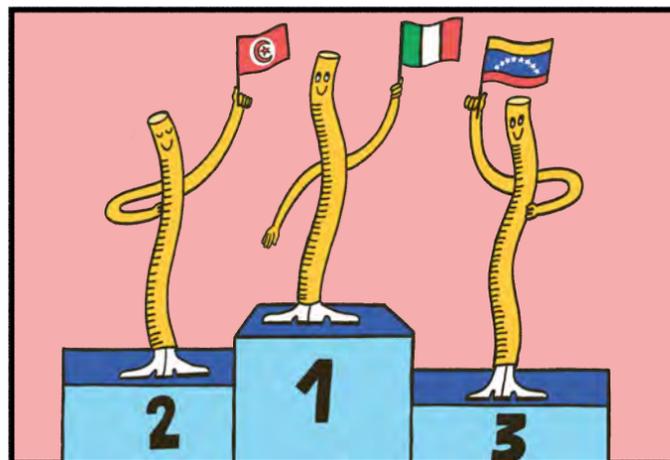
3 776 m

WORLD'S LONGEST SPAGHETTI Cooked in Japan in 2010, it was over a kilometer long ... over two kilometers long ... believe it or not, over three kilometers long: 3 776 m, to be exact. That's why they put it in the Guinness Book of Records. Whether they ate it all remains unknown.



INTERNATIONAL SPAGHETTI DAY

We celebrate this on January 4. Why not prepare an especially tasty recipe? You could even make a costume on the theme. If one day isn't enough, repeat on October 25, International Pasta Day.

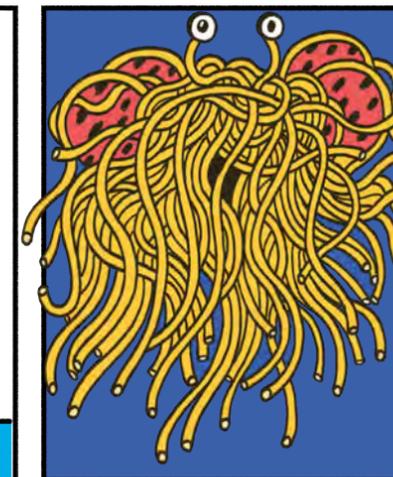


BIGGEST SPAGHETTI EATERS

The Italians, of course! They eat about 23 kilos per capita per year. Tunisia is in second place with 17 kilos per person per year, while the third biggest spaghetti eaters are the Venezuelans. Congratulations to all!

SPAGHETTI FOR V.I.P.'S

It was loved by both opera singer Luciano Pavarotti and actress Audrey Hepburn. President Thomas Jefferson took it to the White House!



SPAGHETTI MONSTER

No one has seen him, yet many believe he exists: the Flying Spaghetti Monster, the main deity of the Pastafarians. Spaghetti's ultimate mystery ...



SPAGHETTI BOLOGNESE? ARE YOU KIDDING?

In Bologna, Italy, there is indeed a typical red sauce with meat. But they never, ever serve it with spaghetti! It goes with tagliatelle or lasagna. As Spaghetti Bolognese is a non-Italian invention, please don't look for it in this city of two towers.

IF THERE'S ONE FOOD IN THE WORLD EVERYONE KNOWS AND LOVES, IT'S:

SPAGHETTI

YOU DON'T LIKE IT? I DON'T BELIEVE YOU!

BUT AS I WAS SAYING...

THIS IS AN ODE TO SPAGHETTI!

DELICIOUS, TWISTED, CRUNCHY,

SLIPPERY SPAGHETTI. MISCHIEVOUS,

ELEGANT SPAGHETTI. UNTAMABLE SPAGHETTI.

HOW SHOULD SPAGHETTI BE TWIRLED WITH A FORK?

What does the mysterious term "al dente" mean?

WHAT'S ITS SECRET? IT WRIGGLES IN THE BOWL, RUNS OUT OF THE MOUTH, DECORATES THE NOSE WITH SAUCE. LIFE WITH SPAGHETTI IS NEVER DULL...

WHICH NATION EATS MOST SPAGHETTI IN A YEAR?

WHO INVENTED SPAGHETTI?

AND OH, THE TASTE!!! ONCE YOU KNOW IT, IT WON'T LET YOU GO.

YOU'RE LOST, ENTANGLED, ENTRANCED.

IS SPAGHETTI'S CHARM REALLY SO SIMPLE?

WHY ARE OUR FEELINGS FOR IT SO WARM,

AND WHY IS IT SO DOMINANT IN OUR KITCHENS?

CAN SPAGHETTI BE USED AS SHOELACES?

How long is the world's longest spaghetti?

I WANT TO KNOW MORE!

ALL KEY QUESTIONS ABOUT SPAGHETTI ANSWERED!

HOW MANY PACKS OF SPAGHETTI CAN FIT IN AN AVERAGE SUITCASE?

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