



Stone milled wholegrain pasta & flour

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“Just cooked up the stone milled pasta, FANTASTIC. I usually make my own pasta for functions, but would defiantly consider using this product.”

Simon Bryant, SA food icon and chef.



Mark McNamara,
previous executive chef
at Appellation, Barossa Valley.

Chef endorsements



“Pangkarra definitely embodies the slow food philosophy when you consider that it is the wholegrain, milled traditionally and the pasta is made with the slow drying that makes such a difference to texture and flavour. The family should be very proud of their pasta. I really loved its flavour and texture.”

Maggie Beer, well known South Australian food identity.

“The quality excites me, especially when it’s from farmers who are value-adding to what they already do.”

Stefano de Pieri, Owner and chef at Stefano’s, Mildura.

Awards

Pangkarra Foods received **TWO MEDALS** in the 2012 Sydney Fine Food Awards in January 2012, a silver for the Pangkarra Wholegrain Spaghetti and a bronze medal for the Pangkarra Wholegrain Penne.



Pangkarra was the proud recipient of the 2012 South Australian Food Industry Awards **FOODLAND PRODUCT AWARD**.

The Award recognises businesses that demonstrate excellence in developing (or enhancing) and launching a product into the marketplace.



*Pangkarra*TM
clare valley, australia



is proudly a family owned and operated business, based in the Clare Valley, South Australia.

For five generations, the Maitland family has produced quality cereals and legumes, as well as export hay. Today, they also produce fine food products, including **premium wholegrain dry pasta.**

Pangkarra pasta is made from **100% durum wheat** grown on the farm, using sustainable farming methods incorporating organic fertilisers.

The flour is milled using **traditional stone milling methods** to maintain the integrity of the wholegrains

The pasta is **dried slowly** on racks at a consistent low temperature, the way traditional pasta is made, which ensures the product's nutritional qualities are protected. The result is delicious pasta, made from **100% natural ingredients.**

Pangkarra pasta is high in fibre, low in fat, low GI, and is an excellent source of antioxidants and phytonutrients.

Pangkarra believe in quality through every step of the supply chain, which starts at the farm and continues through to the finished product.

- Only stone milled wholegrain pasta available in Australia

- Fifth generation Australian farming family

- Completely traceable food product from paddock to plate

- Low GI pasta

- Nutty, grainy taste unlike wholemeal pasta or white pasta - similar to a traditional Southern Italian pasta taste

- Handmade look and hand packed

- Bronze die extruded.



Pangkarra is now selling **10kg bags** of stone milled wholegrain flour for food service and **1kg** stone milled wholegrain flour for retail.



Farming practices

Pangkarra pasta is made from 100% durum wheat grown on the farm. Throughout the growing season, Jim and David monitor the crops respectively, to ensure they receive the attention they need to create the perfect product.

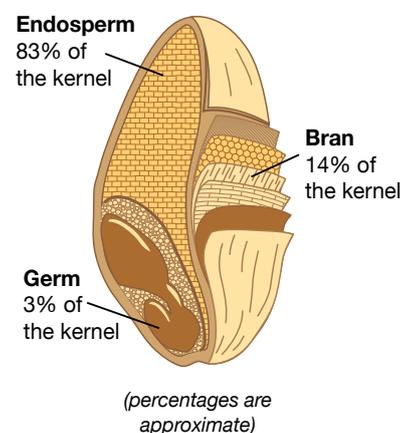
Pangkarra use environmentally sustainable farming methods.

This includes a dynamic crop rotation program, no till farming practices, and spreading chicken litter, on the back of a legume (beans) crop to increase the nitrogen levels in the soils.



Milling methods

Pangkarra flour is milled using traditional stone milling methods, using select grains. Because it is stone-milled, Pangkarra flour retains the wholegrain, ie all three components: the wheat germ, the endosperm and the bran. This means essential vitamins and minerals, including fibres (both soluble and insoluble and resistant starch), vitamins B and Vitamins E, and protective antioxidants and phytonutrients, have not been separated and removed in the milling process.



Manufacturing

The pasta is crafted into long shapes and the strands are twisted to form a loop, giving the product a lovely handmade look. A bronze dye is used to extrude the pasta. Pangkarra pasta is allowed to dry naturally on large racks, in low temperature controlled environments. This allows the natural flavours of the grain to emerge. The seven different Pangkarra shapes are hand-packed into 375g packets and then packed into cartons of 12.



Health benefits of Pangkarra products

Pangkarra stone milled wholegrain pasta and flour are both unique. The pasta is the only premium wholegrain durum pasta available which has been stone milled, as is the flour. This means it is 100% wholegrain. Wholegrain foods are made from grain which is milled so all the components of the grain are retained. This includes the bran (fibre rich outer layer), the wheat germ (nutrient rich inner core) and the endosperm (middle starchy layer).

Pangkarra pasta is made from 100% durum wheat.

Wholegrain pasta is **not** the same as **wholemeal**, the difference is in the stone milling process.

"The integrity of the grain has not been altered in wholegrain flour, thus, the health benefits from the wholegrain when it is stone milled, far exceed the sum total of all the individual components of the grain," Mark Laucke, Laucke Flour Mills.

Wholegrain foods contain **huge health benefits.**

All Australians are being encouraged to eat more wholegrain products daily. Although there are no official dietary targets for daily intake, an amount of 48g per day for adults and teenagers, and about 2/3 of this for younger children, has been suggested.

A serving of Pangkarra wholegrain pasta contains 85g of wholegrain, so you achieve more than your daily goal in one serve! Experts say eating wholegrain foods is an essential part of a weight control diet and can reduce the risk of heart disease, colon cancer and diabetes by 30%.



Pangkarra
wholegrain pasta is:

- An excellent source of fibre
- An excellent source of thiamine (Vitamin B1)
 - Low in fat (approximately 97.4% fat free)
 - Low in sodium
 - Low GI
- Excellent source of antioxidants & phytonutrients
- Contains no artificial additives
- Uses 100% natural ingredients.



Pangkarra pasta presents differently to most pastas.

Here are some reasons why Pangkarra pasta is uniquely different:

- **Colour:** The colour is richer and closer to the natural golden tones of the grain. This comes from the use of the entire grain, the method of stone milling, and the procedure of low temperature processing.
- **Taste:** Expert chefs described our pasta as wholesome and grainy, with a pleasant nutty flavour. It's flavour is far superior to any other white or brown pasta.
- **Texture:** There are differences on the surface of the pasta, which comes from using the entire grain and allowing the pasta, once formed, to dry naturally. Using wholegrains allows the grain to appear in the pasta, giving it a desirable texture. Taking the time to let the pasta dry naturally ensures it does not have a hard, glassy texture - which is often the case with some pasta. Despite these differences, stone milling provides Pangkarra pasta with a smooth eating texture.
- **Cooking:** Cooking Pangkarra pasta is an easy process. Once the pasta reaches al dente, it remains at a consistent texture for longer than most (it does not glug easily). Furthermore, the water returns to boil quickly after the pasta enters the pot- this is due to water mobility in the makeup of the pasta.
- **Accompaniments:** The natural surface texture of Pangkarra pasta means it is able to naturally absorb sauces and accompaniments with ease. Due to the delicious flavour already present in the pasta, Pangkarra pasta can be served with a simple sauce if desired.

Product range



Linguine



Fettucine



Spaghetti



Penne



Spirals



Lasagne



Wholegrain pasta

Pangkarra currently produce seven pasta shapes, including:

Linguine, Fettucine, Spaghetti, Penne, Spirals, Lasagne & Pappardelle



Pappardelle



Wholegrain flour

1kg stone milled wholegrain flour

Flour

- Select wholegrains used
- Fifth generation farming family story
- Use **environmentally sustainable** farming methods such as natural fertilisers
- Grain is stored on farm **chemical free**
 - **100% durum wheat**
- **Stone Milled** using traditional methods
- **Versatile**- suitable for pasta, pizzabases, lavosh, grissini sticks, and some specialty breads.



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