Giulio Bulloni

FREGOLA - FREGULA SARDA MEDIA



Ref: BUL-02

Weight: 500 gr

Eredi Lecca

Fregola (also called fregula) is a type of pasta from Sardinia. It is similar to Israeli couscous. Fregula comes in varying sizes, but typically consists of semolina dough that has been rolled into balls 2-3 mm in diameter and toasted in an oven. A typical preparation of fregula is to simmer it in a tomato-based sauce with clams. This food is typical of the south western part of Sardinia, and was imported by Ligurian immigrants come from the Genoese colony of Tabarka in Tunisia.

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