



Bringoli (called bringoli or brigonzoli in Lisciano Niccone and biche in Fabro) are thick spaghetti, made by hand with soft wheat flour and water. Once the mixture is smooth, there are two methods of preparation:

**a)** the pasta is rolled out with a wooden rolling-pin on a wooden work surface, until about 5 to 8 mm thick. The pasta is cut horizontally into strips (about 10 cm wide) and these are cut into smaller strips (about 1 cm wide) and are then rolled by hand on a work surface until they resemble thick spaghetti, about 20-30 cm long;

**b)** pieces of pasta are torn from the pasta dough and these are rolled by hand on the work surface until thick spaghetti, about 20/30 cm long, are formed. This is a fresh product and should be kept on food trays for no more than 1 or 2 days at a temperature of about 4°C.