



The ciriola is long pasta with a square cross-section, traditionally made with soft wheat flour and water. In some variations it is made with $\frac{2}{3}$ soft wheat flour, $\frac{1}{3}$ durum wheat flour and water. The ingredients are mixed by hand on a wooden pastry board. When the dough is smooth, it is rolled out with a rolling pin to a thickness of about 3 mm. It is then rolled up and cut into strips about 3-4 cm wide and not more than about 15-20 cm long. Machine mixing: the ingredients are blended in a mixer until a sheet of dough about 3 mm thick is obtained. The pasta is then flattened by a roller until it is homogeneous and, using a cutter, is cut into strips about 3-4 mm wide and not more than about 15-20 cm long. This is a fresh product that should be stored for no more than 2 to 3 days at a temperature of about 4°C on plastic food trays.