



STUDY ON THE DIVERSITY OF PASTA DISHES IN WORLD CUISINE

Lorena LUPEI¹, Timeea CARAGENA¹, Denis Paul BACTER², Luminita PIRVULESCU^{1*}

¹ University of Life Sciences "King Mihai I" from Timisoara, Faculty of Management and Rural Tourism, Timisoara, Romania,

² University of Oradea, Faculty of Environmental Protection, Oradea, Romania

*Corresponding author's e-mail: luminita_pirvulescu@usvt.ro

Abstract: In global gastronomy, pasta is no longer just a food, but an element of cultural and artistic expression. From traditional spaghetti alla carbonara and lasagna alla bolognese to innovative contemporary creations with exotic ingredients, pasta has the ability to absorb diverse influences while retaining its identity. Whether prepared in rustic recipes with simple tomato sauces and aromatic herbs, or as part of elaborate gastronomic compositions accompanied by fine wines and artistically presented, pasta demonstrates a versatility rarely found in the culinary world.

The purpose of this paper is to analyze the diversity and use of pasta in international gastronomic dishes. By analyzing the role of pasta in gastronomy, the paper aims to highlight the importance of this product both as a nutritional element and as a symbol of universal culinary art.

• Introduction

Since ancient times, pasta has played a significant role in human nutrition, being appreciated for its ease of preparation, nutritional properties, and versatility in a wide variety of recipes. Considered by many historians to have originated in Asia, more specifically in ancient China, pasta traveled along important trade routes and was adopted by various civilizations, each contributing to its refinement and diversification. Once it arrived in Europe, and especially in Italy, pasta became not only a staple food, but also a cultural symbol, defining Mediterranean cuisine over time.

• Material and method

The aim of this paper is to analyze the variety and uses of pasta in international cuisine. In preparing this study, the authors consulted an extensive bibliography, including scientific papers, various publications, and brochures. The methodology used combines classic research methods—documentation, analysis, and synthesis of information—with the formulation of conclusions based on the data collected.

• Results and discussions

Pasta has a fascinating history that reflects the evolution of human civilizations, cultural exchanges, and technological innovations. Although today it is mainly associated with Italy, the origins of pasta can be found in many parts of the world, sometimes independently of each other.

"Spaghetti alla Carbonara" is a traditional Italian dish, originating in Rome, consisting of pasta combined with guanciale, egg yolk, and Pecorino Romano cheese, seasoned with freshly ground black pepper. The preparation involves frying the guanciale until crispy, then mixing the hot pasta with guanciale, eggs, and grated pecorino, with the sauce forming due to the heat of the pasta.

"Spaghetti Cacio e Pepe" is one of the oldest dishes in Roman cuisine, dating back to the pastoral times of the Lazio region. Its name translates to "cheese and pepper." The traditional recipe is based on spaghetti, grated Pecorino Romano cheese, and freshly ground black pepper, and the balance between the spiciness of the pepper and the salty taste of the cheese is the goal of the recipe.

"Lasagna alla Bolognese" is one of the most famous Italian dishes, originating in the Emilia-Romagna region, more precisely in Bologna. The dish consists of alternating layers of lasagna sheets (made from flour and eggs), ragù sauce (beef and pork, tomatoes, onions, celery, carrots, wine, milk), béchamel sauce, and grated Parmesan cheese. The assembly involves baking in the oven so that the flavors blend together and the sauces penetrate the sheets.

"Pastitsio" is an iconic dish of Greek cuisine, consisting of layers of tubular pasta, seasoned minced meat, and béchamel sauce. The pasta is usually mixed with egg and cheese to form the base, followed by a generous layer of beef or lamb, cooked with onions, garlic, and spices such as cinnamon and nutmeg.

"Künefe" is a traditional Turkish dessert made from fine noodles and sweet or semi-salty cheese, baked until golden and crispy on the outside, but soft and chewy on the inside. After baking, the dessert is drizzled with sugar syrup flavored with rose water or lemon, which gives it a sweet and fragrant taste.

• Conclusions

Pasta has the ability to adapt to the local context, to take on regional and international influences, and, at the same time, to preserve the authentic features of each cuisine. Thus, the study of pasta in gastronomy reveals not only its importance in nutrition, but also its cultural and identity role.