Two Italian Pastina in Broth Recipes

1. Pastina in Vegetable Broth

Prep Time: 10 minutes | Cook Time: 35 minutes | Total Time: 45 minutes | Servings: 4

Ingredients

- 1 cup (about 160 g) pastina
- 6 cups (1.4 liters) water
- 2 medium carrots
- 2 celery stalks
- 1 medium onion
- Salt, to taste
- 2 tablespoons extra virgin olive oil
- Freshly grated Parmigiano Reggiano, for serving

Instructions

1. Wash and peel the carrots and onion. Clean the celery.
2. Place the vegetables in a large pot with the water.
3. Bring to a boil, then reduce the heat and simmer gently for 30 minutes.
4. Strain the broth, reserving the vegetables if desired.
5. Return approximately 4-5 cups of broth to the pot. Add salt to taste.
6. Bring to a gentle boil and add the pastina.
7. Cook according to the package instructions, generally 4-7 minutes.
8. Serve hot with a drizzle of olive oil and freshly grated Parmigiano Reggiano.

Nonna's Tip: For a slightly creamier broth, blend a small portion of the cooked carrots and stir them back into the soup.

2. Pastina in Chicken Broth

Prep Time: 15 minutes | Cook Time: 1 hour 35 minutes | Total Time: 1 hour 50 minutes | Servings: 4

Ingredients

- 1 cup (about 160 g) pastina
- 2 bone-in chicken thighs, skin removed
- 8 cups (1.9 liters) cold water
- 2 medium carrots
- 2 celery stalks
- 1 medium onion
- Salt, to taste
- Freshly grated Parmigiano Reggiano, for serving

Instructions

1. Place the chicken thighs in a large pot and cover with cold water.
2. Add the cleaned carrots, celery, and onion.
3. Bring gradually to a gentle simmer, skimming off any foam.

4. Cover partially and simmer gently for approximately 75-90 minutes, until the chicken is thoroughly cooked and tender.
5. Remove the chicken and vegetables, then strain the broth.
6. Taste and adjust the salt.
7. Bring approximately 4-5 cups of broth back to a gentle boil.
8. Add the pastina and cook according to the package directions.
9. Serve immediately with freshly grated Parmigiano Reggiano.

Nonna's Tip: Shred a little of the cooked chicken and add it to individual bowls for a heartier meal.