

**LATINA**  
PASSION FOR CEREALS SINCE 1970



Ready-to-use products catalogue 2023

*Founded in 1970, Molino Latina is one of the most active mills in Sicily in the production and manufacture of high quality cereals and flours.*



Grain and small cereals at the base of our products are cultivated in Sicily and come exclusively from certified organic farming.

CONTROLLED OPERATOR No. R84L

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# ORGANIC ANCIENT GRAINS





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## ORGANIC ANCIENT GRAINS

# Pearled Timilia

## ORGANIC ANCIENT DURUM WHEAT



### PRODUCT

Ancient Timilia durum  
wheat



### ORIGIN

Sicily



### CULTIVATION

Organic



### PROCESS

Pearling



### PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process: so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 24 minutes.



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## ORGANIC ANCIENT GRAINS

# Pearled Russello

## ORGANIC ANCIENT DURUM WHEAT



### PRODUCT

Ancient Russello durum wheat



### ORIGIN

Sicily, Ragusa



### CULTIVATION

Organic



### PROCESS

Pearling



### PACK SIZE

500 g - 5 Kg



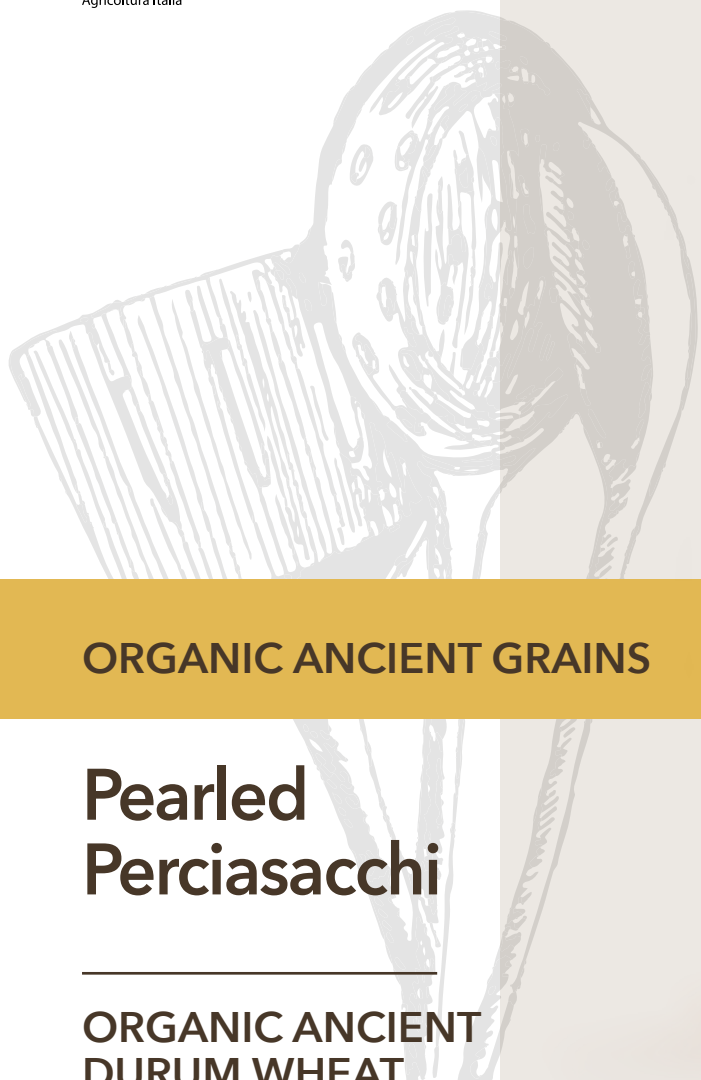
Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process: so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 24 minutes.



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## ORGANIC ANCIENT GRAINS

# Pearled Perciasacchi

## ORGANIC ANCIENT DURUM WHEAT

 **PRODUCT**  
Ancient Perciasacchi durum wheat

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Pearling

 **PACK SIZE**  
500 g - 5 Kg

Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process : so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads.

Cooking time: 24 minutes.



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## ORGANIC ANCIENT GRAINS

# Pearled Maiorca

## ORGANIC ANCIENT SOFT WHEAT



### PRODUCT

Ancient soft Maiorca wheat



### ORIGIN

Sicily



### CULTIVATION

Organic



### PROCESS

Pearling



### PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process : so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 24 minutes.





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## ORGANIC ANCIENT GRAINS

# Timilia Bulgur

## ORGANIC ANCIENT DURUM WHEAT BULGUR



### PRODUCT

Bulgur Durum wheat



### ORIGIN

Sicily



### CULTIVATION

Organic



### PROCESS

Stone grinding



### PACK SIZE

500 g - 5 Kg



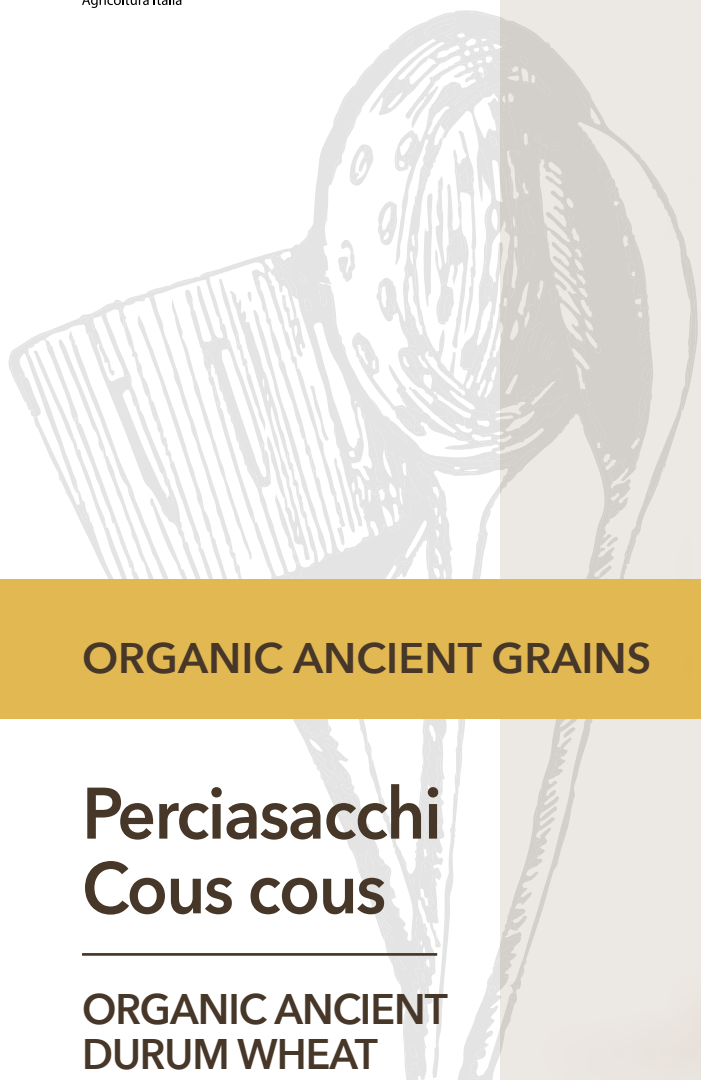
Typical product of the Middle Eastern cuisine made up of ancient Timilia wholegrain durum wheat, with high digestibility because of its low gluten index. Rich in fibre, vitamin B, phosphorus and potassium.

It can be used for soups, cold salads, soups, meatballs, flans, vegetable burgers.

Cooking time: 20 minutes.



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## ORGANIC ANCIENT GRAINS

# Perciasacchi Cous cous

## ORGANIC ANCIENT DURUM WHEAT COUS COUS



### PRODUCT

Cous Cous Durum wheat



### ORIGIN

Sicily



### CULTIVATION

Organic



### PROCESS

Stone grinding



### PACK SIZE

500 g - 5 Kg



Product with Mediterranean origins made with ancient Sicilian Perciasacchi wheat, with a low gluten index and rich in fiber and vegetable proteins. It holds up well during cooking and absorbs the sauce well. The cous cous is not precooked, therefore it must be hulled with a fork and cooked in the steamer.

# ORGANIC CEREALS





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## ORGANIC CEREALS

# Dehusked Rye


## ORGANIC DEHUSKED RYE

 **PRODUCT**  
Rye

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Husking

 **PACK SIZE**  
500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. The pearling process facilitates the water absorption by the grain, so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 25 minutes. It is recommended to put the cereal into the water when the flame is off and count 25 minutes from the moment of boiling.



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## ORGANIC CEREALS

# Dehusked Oat

## ORGANIC DEHUSKED OAT

 **PRODUCT**  
Oat

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Husking

 **PACK SIZE**  
500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. The pearling process facilitates the water absorption by the grain, so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 20 minutes



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## ORGANIC CEREALS

# Dehusked Spelt (Monococcum)

## ORGANIC SPELT



### PRODUCT

Triticum Monococcum



### ORIGIN

Sicily



### CULTIVATION

Organic



### PROCESS

Husking



### PACK SIZE

500 g - 5 Kg



Our special dehusking process removes only a part of the outer layers of the grain, safeguarding the fruit and its nutrients. The dehusking process facilitates the absorption of water by the grain, therefore eliminating soaking times and significantly reducing cooking times.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 28 minutes.



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## ORGANIC CEREALS

# Pearled Barley

## ORGANIC PEARLED BARLEY

 **PRODUCT**  
Barley

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Pearling

 **PACK SIZE**  
500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process : so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 25 minutes.



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## ORGANIC CEREALS

# Pearled Spelt (Dicoccum)

## ORGANIC SPELT



### PRODUCT

Triticum Dicoccum



### ORIGIN

Sicily



### CULTIVATION

Organic



### PROCESS

Pearling



### PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process: so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 28 minutes.





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## ORGANIC CEREALS

# 5 Cereals Mix

## ORGANIC CEREALS MIX

 **PRODUCT**  
Cereals Mix

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Dehusking and pearling process

 **PACK SIZE**  
500 g - 5 Kg



Our blend of cereals is made up of a perfect combination of ancient Perciasacchi durum wheat, spelt, barley, rye and oat.

Ideal for vegetable soups, soups, salads and vegetarian burgers.

Cooking time: 25 minutes.  
It is recommended to put the cereals into water already with the flame off and count the 25 minutes from the boiling point.



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## ORGANIC CEREALS

# Cereals and Legumes Mix

## ORGANIC CEREALS AND LEGUMES MIX



### PRODUCT

Organic cereals and legumes mix



### ORIGIN

Sicily



### CULTIVATION

Organic



### PROCESS

Dehusking and pearling process



### PACK SIZE

500 g - 5 Kg



Our blend of cereals and legumes is made up of a perfect combination of red lentils, chickpeas and ancient durum wheat Perciasacchi, ancient soft wheat Maiorca, spelt, barley, rye and oat.

Ideal for vegetable soups, soups and salads.

Cooking time: 25 minutes.

It is recommended to put the cereals into water already with the flame off and count the 25 minutes from the boiling point.

# ORGANIC LEGUMES





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## ORGANIC LEGUMES

# Chickpeas

## ORGANIC CHICKPEAS

 **PRODUCT**  
Chickpeas

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Raw - natural product

 **PACK SIZE**  
500 g - 5 Kg



Legume of the Sicilian tradition, rich source of magnesium, calcium, phosphorus, potassium and vitamins.

Ideal for soups, soups, side dishes.

Cooking time (after a long soak): 90 minutes.



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## ORGANIC LEGUMES

# Red Lentils

## ORGANIC RED LENTILS

 **PRODUCT**  
Red Lentils

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Raw - natural product

 **PACK SIZE**  
500 g - 5 Kg



This delicate legume has a sweet flavor and it is a rich source of protein, mineral salts, iron and vitamins. Absent cholesterol, glycemic index and very low caloric intake.

Once cooked, it is ideal for soups and pureed soups.

Cooking time: 25 minutes.



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## ORGANIC LEGUMES

# Dehusked Chickpeas


## ORGANIC DEHUSKED CHICKPEAS

 **PRODUCT**  
Chickpeas

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Husking

 **PACK SIZE**  
500 g - 5 Kg



Our special dehusking process removes only a part of the outer layers of the grain, safeguarding the fruit and its nutrients. The dehusking process facilitates the absorption of water by the grain, therefore eliminating soaking times and significantly reducing cooking times.

Ideal for preparing soups, soups, hummus, cold salads, meatballs and vegetable burgers.

Cooking time: 30 minutes.



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## ORGANIC LEGUMES

# Dehusked Red Lentils

## ORGANIC DEHUSKED LENTILS

 **PRODUCT**  
Lentils

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Husking

 **PACK SIZE**  
500 g - 5 Kg



Our special dehusking process removes only a part of the outer layers of the grain, safeguarding the fruit and its nutrients. The dehusking process facilitates the absorption of water by the grain, therefore eliminating soaking times and significantly reducing cooking times.

Ideal for the preparation of soups, soups, cold salads.

Cooking time: 15 minutes.



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## ORGANIC LEGUMES

# Legumes Cous cous

## ORGANIC LEGUMES COUS COUS



### PRODUCT

Lentils and chickpeas cous  
cous



### ORIGIN

Sicily



### CULTIVATION

Organic



### PROCESS

Stone grinding



### PACK SIZE

500 g - 5 Kg



Product of Mediterranean origin with Sicilian legumes semolina, rich in fiber and vegetable proteins, it holds up well during cooking and absorbs the sauce well. Once covered in hot water, mix and then let it rest for a few minutes. Finally hull the couscous with a fork.





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## ORGANIC LEGUMES

# Chickpea Flour

## ORGANIC CHICKPEA FLOUR

 **PRODUCT**  
Chickpea flour

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Stone grinding

 **PACK SIZE**  
400 g - 5 Kg



Chickpea flour, cultivated, stone-ground milled and packaged entirely in Sicily.

Ideal for meatballs, vegetable burgers, chickpea farinata and panelle.



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## ORGANIC LEGUMES

# Lentil Flour

## ORGANIC RED LENTILS FLOUR

 **PRODUCT**  
Red Lentils flour

 **ORIGIN**  
Sicily

 **CULTIVATION**  
Organic

 **PROCESS**  
Stone grinding

 **PACK SIZE**  
400 g - 5 Kg



Red Lentil flour, cultivated, stone-ground milled and packaged entirely in Sicily.

Ideal for meatballs, biscuits, crepes, crackers and vegetable burgers, but also as a thickener for soups and soups.



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