

FETTUCCINE ALFREDO FROM SCRATCH

Place of Origin: Rome Italy, 1908

INGREDIENTS:

FRESH PASTA (6 SERVINGS):

3/4 cup semolina flour

3/4 cup all purpose flour

2 eggs — room temperature and slightly beaten

2 table spoons olive oil

2 tablespoons water

1/2 teaspoon salt

FETTUCCINE SAUCE (6 SERVINGS)

1 cup butter

3/4 pint heavy cream

Salt & Pepper to taste

1 dash garlic salt

3/4 cup grated Romano cheese

3/4 cup grated Parmesan cheese



Tips:

To add protein to the pasta dish, try adding cooked chicken or shrimp.

Garnish with freshly grated parmesan, fresh parsley, a little freshly squeezed lemon and/or freshly ground pepper.

HOMEMADE PASTA BY HAND

(ORIGINAL RECIPE FROM SELFPROCLAIMEDFOODIE.COM—HOMEMADE PASTA

1. Combine All-purpose flour, semolina pasta flour, and salt in a bowl and mix to combine. On a clean table or in a large bowl, create a "well" in the center of the dry mixture.
2. Add eggs, water & oil to the well. Starting from the centre of the well, begin combining the ingredients to create a stiff dough. Knead by hand for 10 minutes or until dough is elastic & contains very few air bubbles.
3. Wrap dough in plastic wrap or in a covered bowl and let it rest for at least 30 minutes.
4. Rolling & Cutting the dough: On a lightly floured surface, roll out dough to desired thickness and cut to desired size. You can dredge the pasta in flour to prevent sticking. Set pasta on cookie sheet until ready to cook or dry pasta on drying rack.
5. To cook, bring a large pot of heavily-salted water to a boil. Add pasta and cook until tender (Approx. 3-5 minutes).



FETTUCCINE SAUCE

(ORIGINAL RECIPE FROM ALLRECIPES.COM—TO DIE FOR FETTUCCINE ALFREDO

1. Melt Butter into cream in a large sauce pan over low heat, add salt, pepper, and garlic salt.
2. Increase heat to medium and stir in grated Romano and Parmesan cheese until melted and the sauce has thickened.
3. Add cooked pasta to sauce and toss until thoroughly coated. Serve Immediately.