



ANA's Kitchen Corner



FOOD FROM AROUND THE WORLD

Hi folks!

This week's recipe is an Italian classic: Fettuccine Alfredo. Italy is well known for its' pizza and pastas. However, we normally get North American versions of their dishes, so this week we will like to present you a more "authentic" version of this well known dish.

Fettuccine Alfredo started off as the desperate attempt of Roman restaurant owner, Alfredo di Lelio, to find something that his pregnant wife, who had lost most of her appetite due to pregnancy, would be able to eat. So, he added some Parmesan cheese to an everyday Italian dish, *fettuccine al burro* (Fettuccine with Butter), and she couldn't stop eating it! Then he served in his restaurant to some North American movie stars and it became a very popular dish. (<https://www.curiouscuisiniere.com/authentic-fettuccine-alfredo/>)

Believe it or not you will not need a jar of "Alfredo" sauce. All you need is:

Ingredients:

- 1 pack of fettuccine pasta (dry)
- $\frac{3}{4}$ cup of Butter (170g)
- 6 oz Parmigiano-Reggiano cheese (170 g)
- $\frac{1}{2}$ - 1 tsp salt (to taste)

Instructions:

1. Fill a large pot with water and heat it over high heat until boiling. Once the water boils, add a good dash of salt and the noodles. Cook only until al dente, 9-10 minutes.
2. While the pasta heats, gently melt the butter over medium heat in a large, non-stick skillet
3. Drain the pasta (reserving the water) and transfer the pasta to the skillet with the melted butter.
4. Add a 1/2 tsp salt and toss the pasta with a tongs to combine
5. Reduce the heat to medium low. Add a handful of grated cheese and a ladle of hot pasta water, tossing the pasta continuously with your tongs to incorporate the cheese.
6. Add more cheese, a little at a time, tossing between each addition, until all the cheese has been used.
7. Add more hot pasta water as needed to melt the cheese so that it coats the noodles. (But, be careful not to add too much. You don't want a watery sauce.)
8. Taste the pasta and adjust the salt as necessary.
9. Serve immediately. **Buon Appetito!**



Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada