

FETTUCCINE ALFREDO

Yield: 2 servings

Principle: Cooking Starches

Pasta Dough:

275 mL flour
2 eggs
25 mL olive oil



Alfredo Sauce:

40 mL butter
150 mL heavy cream
25 mL water
60 mL parmesan
5 mL dried parsley
½ mL salt and pepper
½ mL nutmeg

METHOD:

1. In a food processor add the flour first, beat together the eggs and oil and then add. Pulse until it all comes together into coarse moist bits. Empty onto the counter and squish together into a ball with your hands. (If you don't have a food processor just do it in a bowl with a fork).
2. Knead the dough on the counter until ingredients are evenly mixed and dough is smooth and dry on the outside. About 5 mins. Let the dough rest for 5 mins on the counter.
3. Divide the dough into 2 equal pieces. Fill a large pot $\frac{3}{4}$ full with water, cover and bring to a boil over high heat. Shape each piece of dough into a tube and use your rolling pin to flatten it out into a flat rectangle. If it feels sticky, lightly flour the flattened rectangle.
4. Gently guide the flattened dough through the pasta machine on setting # 1. Do this 3 times. If the dough gets a little moist, run it through some flour before feeding it through again.
5. Continue to feed the flattened dough through the machine, twice at each setting, each time increasing the setting until you reach #5.
6. Cut the two long pasta sheets in half using your **plastic pasta cutter**.
7. Next, run the dough through the fettuccine cutter part of your pasta machine and lay the strips of pasta down on a clean dry (use a little flour) counter surface until ready to cook.
8. Cook the fettuccine in boiling water for 3 minutes until it is "al dente". Noodles will float to the top so use a fork to stir them a little while they cook. Pour into the colander to drain and return to the pot.
9. For the Alfredo Sauce use a medium saucepan and melt the butter, whipping cream, water and spices over **low heat**. Warm the cream for 2 mins. **DO NOT ALLOW TO BOIL!!**
10. Remove the sauce from the heat and pour over the pasta and use two wooden spoons to toss till well coated. Use your plastic pasta cutter to make one cut through the noodles so they are not so long. Add the 60 mL of parmesan and blend it into the pasta with your wooden spoons. Season to taste and serve.