

FETTUCCINE ALFREDO: THE REAL RECIPE

Cooking Times and Servings

- **Prep Time:** 10 minutes
 - **Cook Time:** 5 minutes
 - **Total Time:** 15 minutes
 - **Servings:** 4
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Ingredients

- **Fresh egg fettuccine:** 14 oz (400 g)
 - **Unsalted butter (high-quality):** 5.6 oz (160 g), room temperature, cut into small pieces
 - **Parmigiano Reggiano (24 months+):** 7 oz (200 g), freshly grated (very fine)
 - **Salt:** for pasta water
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Instructions

1) Boil the water

Bring a large pot of water to a rolling boil and salt it well (about **1 Tbsp salt per 1 gallon** of water).

2) Cook the fettuccine

Add the fresh fettuccine and cook **2–3 minutes**, just until **al dente**. Fresh pasta moves fast—don't walk away.

3) Warm your mixing bowl

While the pasta cooks, place the **butter** in a **large warmed serving bowl** (or a wide pan).

Tip: Warm the bowl with hot water for 30 seconds, then dry it.

4) Transfer pasta (don't drain it bone-dry)

Use tongs to move the pasta straight into the bowl with the butter. Let some pasta water come with it—this is key.

5) Mantecatura (the magic step)

Add the **Parmigiano Reggiano** and toss **vigorously** with tongs (or two wooden spoons).

If it looks tight or clumpy, add **1–2 Tbsp hot pasta water at a time**, tossing constantly, until the sauce turns **silky and glossy**.

6) Serve immediately

Plate right away—**no garnish, no pepper, no cream**. Just pure, golden Roman perfection.

Tips and Tricks (from the “mantecatore” mindset)

- **Grate the cheese very fine** (microplane-style). Coarser shreds can turn grainy.
- **Butter must be room temperature** so it melts gently and emulsifies smoothly.
- **Pasta water is the secret ingredient** (even though it’s not “an ingredient”): starch + heat = sauce.
- **Work fast**: Alfredo is at its best within minutes of tossing—it doesn’t like waiting.