

1. SPAGHETTI ALLA CARBONARA

True Roman Carbonara is made with only egg yolks, guanciale, Pecorino Romano, and black pepper—no cream, no butter. This version uses 1 egg yolk per serving, exactly as traditionally taught.

Cooking Time: 20 minutes

Servings: 4

Ingredients

- 12 oz spaghetti
 - 4 large egg yolks
 - 1 cup finely grated Pecorino Romano
 - 5 oz guanciale, diced
 - 1 tsp freshly ground black pepper
 - Salt for the pasta water
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Instructions – Step by Step

1. Prepare the guanciale

1. Place guanciale in a cold skillet.
2. Heat to medium and let the fat render slowly.
3. Cook 6–8 minutes until crispy and golden.
4. Turn off heat and leave guanciale in the pan.

2. Make the yolk cream

1. In a bowl, whisk 4 yolks until smooth.
2. Add Pecorino and pepper; mix into a thick paste.
3. Loosen with 1–2 tbsp hot pasta water until creamy.

3. Cook the pasta

1. Boil spaghetti in salted water until al dente.
2. Reserve 1 cup pasta water.

4. Combine pasta and sauce

1. Add hot spaghetti into the pan with guanciale (heat off).
2. Toss well so strands absorb guanciale fat.
3. Add yolk mixture and mix vigorously.
4. Add pasta water gradually until glossy and creamy.

5. Serve immediately

Top with more Pecorino and pepper.

2. SPAGHETTI CACIO E PEPE

One of Rome's most iconic dishes, made with only Pecorino Romano, black pepper, and spaghetti. Mastering the emulsion is the secret.

Cooking Time: 15 minutes

Servings: 4

Ingredients

- 12 oz spaghetti
 - 1¼ cups finely grated Pecorino Romano
 - 1½ tsp freshly ground black pepper
 - Hot pasta water
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Instructions – Step by Step

1. Toast the pepper

1. Warm pepper in a dry skillet until fragrant.
2. Turn off heat.

2. Cook the pasta

1. Boil spaghetti until al dente.
2. Reserve 1½ cups boiling water.

3. Prepare the Pecorino cream

1. Combine Pecorino with a few tablespoons of hot pasta water.
2. Stir vigorously until smooth and creamy.

4. Combine pasta and sauce

1. Add spaghetti to the skillet with pepper.
2. Add Pecorino cream.
3. Toss quickly, adding pasta water as needed for a silky texture.

5. Serve immediately

3. SPAGHETTI AGLIO, OLIO E PEPERONCINO

A simple Neapolitan classic of garlic, extra-virgin olive oil, and chili pepper. Quick, aromatic, and deeply traditional.

Cooking Time: 15 minutes

Servings: 4

Ingredients

- 12 oz spaghetti
 - 6 tbsp extra-virgin olive oil
 - 4 garlic cloves, sliced
 - ½–1 tsp red pepper flakes
 - 2 tbsp chopped parsley
 - Salt
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Instructions – Step by Step

1. Infuse the oil

1. Place olive oil and garlic in a cold skillet.
2. Heat gently until garlic becomes pale golden.
3. Add chili flakes; turn off heat.

2. Cook the pasta

1. Boil spaghetti until al dente.
2. Reserve ½ cup pasta water.

3. Combine

1. Transfer spaghetti into the skillet.
2. Toss with garlic-chili oil.
3. Add a splash of pasta water to help the sauce cling.
4. Add parsley and toss again.

4. Serve hot

4. SPAGHETTI ALLE VONGOLE

A coastal classic from Campania: fresh clams, white wine, garlic, and olive oil create a fragrant, elegant sauce.

Cooking Time: 25 minutes

Servings: 4

Ingredients

- 12 oz spaghetti
 - 2 lbs fresh clams
 - ¼ cup extra-virgin olive oil
 - 3 garlic cloves, smashed
 - ½ cup dry white wine
 - ¼ cup chopped parsley
 - Salt + pepper
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Instructions – Step by Step

1. Clean the clams

1. Soak clams in salted water 20–30 minutes.
2. Rinse thoroughly.

2. Cook the clams

1. Heat olive oil with garlic.
2. Add clams and wine; cover.
3. Cook until clams open (4–6 min).
4. Discard any that stay closed.

3. Cook the pasta

1. Boil spaghetti until al dente.
2. Reserve 1 cup pasta water.

4. Combine everything

1. Add spaghetti to the clam pan.
2. Toss with clam juices.

3. Add parsley.
4. Use pasta water for extra silkiness if needed.
5. Serve immediately

5. SPAGHETTI AL POMODORO (TOMATO & BASIL)

The most classic Italian pasta of all: ripe tomatoes, fresh basil, garlic, and good olive oil. Pure Mediterranean simplicity.

Cooking Time: 25 minutes

Servings: 4

Ingredients

- 12 oz spaghetti
 - 2 tbsp olive oil
 - 2 garlic cloves, crushed
 - 28 oz canned whole tomatoes
 - 1 tsp sugar (optional)
 - 1 cup fresh basil
 - Salt and pepper
 - Parmigiano Reggiano (optional)
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Instructions – Step by Step

1. Prepare the sauce

1. Heat olive oil with garlic until fragrant.
2. Add tomatoes and break them with a spoon.
3. Simmer 15–20 minutes.
4. Season with salt, pepper, and sugar if needed.

2. Cook the pasta

1. Boil spaghetti until al dente.
2. Reserve ½ cup pasta water.

3. Combine

1. Toss spaghetti in the tomato sauce.

2. Add basil leaves.

3. Add pasta water if needed to adjust consistency.

4. Serve

With Parmigiano Reggiano, if desired.