



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



CLASSIC ALFREDO SAUCE

Classic Alfredo sauce is one of my favorite things to have with a big bowl of pasta! It's a vibrant and elegant dish to make for dinner. The great thing about Alfredo sauce is that it pairs well with chicken and vegetables, so the variations of things you can add to the pasta are endless. Traditional Alfredo is a simple white/cream sauce made from butter, heavy cream, fresh garlic, and Parmesan cheese. It's the perfect sauce to put on fresh homemade pasta, too!



PREP TIME: 10 MINUTES
COOKING TIME: 30 MINUTES

INGREDIENTS

- 1/2 cup of butter
- 1/2 cup of all-purpose flour
- 1 1/2 cups of heavy whipping cream
- 2 teaspoons fresh garlic (minced)
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon of dried oregano
- 1/2 teaspoon of dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups of freshly grated Parmesan cheese
- 1 lb. of cooked broccoli (frozen or fresh)
- 1 lb. of fettuccine or penne pasta

INSTRUCTIONS

1. Melt the butter on medium heat in a sauce pot and add the fresh minced garlic. Once the garlic is slightly brown, add the flour and stir to create a roux (be careful not to burn it).
2. Add the heavy cream and whisk until the roux is incorporated into the cream.
3. Add the granulated garlic, dried oregano, parsley, salt, and pepper. Stir and let it simmer for about 10 minutes.
4. Add the grated Parmesan cheese and stir. Continue simmering the sauce (continuously stirring so it doesn't stick to the bottom of the pan) for another 20 minutes.
5. Boil your pasta in salted water in a separate pot.
6. You can cook your broccoli any way you like. You can steam it or fry it in a pan. It's your preference.
7. Drain your pasta, add the cooked broccoli, and generously add your alfredo sauce to a serving bowl. You can also add some additional Parmesan cheese to the top.



Look for more recipes in the next edition of the SIAMO QUI