



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



Pasta Carbonara

Pasta Carbonara is a classic Italian dish from Rome celebrated for its rich, creamy texture and simple ingredients.

Traditionally, cooks combine pasta, eggs, cheese, cured pork, and black pepper to make a silky, creamy sauce.

Carbonara balances flavors—salty, savory, and slightly sharp from the cheese, with a bold kick of black pepper. Despite its simplicity, it anchors Roman cuisine and proves that a few high-quality ingredients produce something deeply satisfying.



PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

- 1 lb. of spaghetti
- 5 oz guanciale, diced (you can substitute with prosciutto)
- 6 large eggs
- 1 cup freshly grated Pecorino Romano cheese (or Parmesan cheese)
- ½ teaspoon of freshly ground black pepper
- ½ teaspoon of salt
- 1 tablespoon of guanciale oil



INSTRUCTIONS

1. Cook guanciale in a skillet over medium heat until crispy; remove from heat.
2. Whisk eggs, cheese, salt, pepper, and 1 tbsp guanciale oil until creamy.
3. Boil salted water, cook pasta until al dente, and reserve 1 cup of pasta water.
4. Add pasta to the skillet and mix.
5. Mix the pasta and guanciale into the egg mixture, adding pasta water to create a silky sauce.

Taste, adjust cheese and pepper, and serve.



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