

FETTUCCINE ALFREDO

Pasta:

1 c. flour

2 eggs

$\frac{1}{4}$ tsp. salt

Alfredo Sauce:

2 Tbsp butter or margarine

1 - 2 tsp. minced garlic

$\frac{1}{2}$ c heavy cream (10% m.f.)

$\frac{1}{3}$ cup parmesan

$\frac{1}{2}$ lb fettuccine noodles, cooked

Method:

Pasta:

1. Sift together the flour and salt. Crack and beat eggs slightly.
2. On a clean counter or board, make a well in the flour. Pour the beaten eggs into the center.
3. Using a fork, gradually draw in the flour to the eggs until you have made a ball of dough.
4. Knead the dough, working in flour so that it is not sticky, but not crumbly either. With a rolling pin, roll the pasta on floured counter in a long strip.
5. Roll the pasta through the pasta machine on the highest setting.
6. Click down the setting and reroll the pasta, folding if necessary before rolling it through.



7. Repeat steps 5 & 6 about 6 more times. You are kneading the dough and working the gluten without having to do it by hand.
8. You may need to dust the dough with flour to keep it from sticking.
9. Roll the dough to the correct thinness for fettuccine noodles, cut the noodles to about 30 cm long, and then cut noodles with the wide cutter.



10. In a large saucepan with boiling water, cook noodles for 90 seconds only. If you cook them too long, they will be mushy. Ew!
11. Lay your noodles on a jelly roll pan in between layers of wax paper if you are not using them right away. Refrigerate.

Alfredo Sauce:

1. Melt margarine in large fry pan on low-medium heat.
2. Stir in garlic, sauté briefly (not brown).
3. Gradually stir in heavy cream, stirring constantly. Salt and pepper to taste.
4. Gradually stir in parmesan, keep stirring until heated through.
5. Place cooked and drained pasta in the fry pan and toss to coat with sauce.
6. Serve on large plate with extra parmesan.