

Creamy Alfredo Sauce



<https://youtu.be/ncYKqz-TcNQ>

Serves 4–6

Ingredients

4 tbsp (57 g) unsalted butter	1/4 tsp white pepper
3 cloves garlic minced	Dash of salt
1.5 cups (375 ml) heavy cream	10 oz (235 g) fettuccine (dry)
1.5 cups (80 g) grated parmesan Reggiano	
Fresh parsley for garnish	

Prep Work

Pat the chicken breasts dry with paper towels. Season both sides with salt, black pepper, garlic powder, and a pinch of paprika.

Finely mince the garlic before starting the sauce.

Freshly grate the parmesan cheese ahead of time so everything is ready once cooking begins.

Bring a large pot of salted water to a boil for the pasta. Add the pasta to the boiling water. Cook 1 minute less than the instructions indicate. Reserve 1 cup (250 ml) of pasta water. Drain the pasta. Add a touch of olive oil to the pot it was cooked in. Put the pasta back into to the pot and drizzle lightly with more olive oil. Toss and put to the side.

This recipe comes together quickly, so having everything prepped ahead of time will make the cooking process smooth and easy.

To Make the Sauce

To a high sided saucepan over low to medium heat, add butter and gently melt it down.

Add the minced garlic, simmer for 2 to 3 minutes to gradually infuse its flavor.

Pour in the heavy cream, heat on low for 3 to 5 minutes without simmering.

Once the mixture starts to steam, add the parmesan cheese in batches. Heat on low for 3 to 5 minutes, frequently stirring.

When the sauce becomes thick and coats the back of a spoon, add a dash of white pepper.

Give the sauce a taste and add salt if needed. If you would like to add additional ingredients like cooked chicken or broccoli, it can be added now.

Add the cooked fettuccine to the sauce and enjoy.

Tips & Substitutions

Freshly grated parmesan cheese creates the smoothest Alfredo sauce and melts much better than pre-shredded cheese.

Do not boil the sauce aggressively after adding the cheese, as high heat can cause the sauce to separate or become grainy.

If the sauce thickens too much while sitting, loosen it with additional pasta water or a splash of cream.

Fettuccine is traditional, but penne, linguine, spaghetti, or rigatoni also work well with this sauce. For extra flavor, add sautéed mushrooms, spinach, crispy bacon, shrimp, chicken or roasted cherry tomatoes.