

Carbonara Pasta Guide

Carbonara is a classic Italian pasta dish from Rome, known for its creamy texture achieved without cream. It relies on egg, cheese, and rendered pork fat.

Ingredients

- 1 Spaghetti or rigatoni
- 2 Eggs (whole eggs and egg yolks)
- 3 Pecorino Romano cheese
- 4 Guanciale (or pancetta if unavailable)
- 5 Black pepper
- 6 Salt

Preparation Steps

- 1 Cut guanciale into small pieces and cook until crisp.
- 2 Beat eggs and mix with grated Pecorino Romano.
- 3 Cook pasta until al dente.
- 4 Mix hot pasta with guanciale and fat, then combine off-heat with egg-cheese mixture to avoid scrambling.
- 5 Season with black pepper and more cheese.

Tips and Notes

- 1 No cream in traditional carbonara.
- 2 Use residual heat to emulsify sauce.
- 3 Pecorino Romano gives sharp salty flavor.