Pasta in Alfredo sauce Alfredo sauce is a classic and much-loved. This sauce has become a favorite way to add opulence to many recipes, from pasta to veggies.Ingredients1/4 cup butter1 cup heavy cream 4 cloves of garlic, crushed½ cup of Milk1/2 cup of freshly grated Parmesan cheese Salt and freshly ground black pepper to taste1/3 cup of freshly grated Gouda cheese1 tablespoons of flourOnions, thinly slicedMushrooms, thinly slicedCooking oil for frying.cooked Italian Pasta.1. Method 2. Melt the butter in a medium saucepan over medium-low heat. Add flour and stir for 1 minute while carefully add-ing the milk. Add the cream and bring the mixture to boiling. Reduce the heat to a simmer and cook the sauce gently until it begins to thicken, stirring frequently with a wooden spoon. This will take 3 to 5 minutes. Then add salt and pepper to taste. Remove the pan from the heat and stir in the Parmesan and Gouda cheeses until smooth.3. Tip: Be sure the pan is off the heat when adding the cheese, as high heat can cause cheese to clump or become stringy rather than melt smoothly.4. Stir in the fried Onions, garlic & Mushrooms and serve over pasta or veggies.