

FETTUCCHINE ALFREDO

F EASY

Last Modified: 08/05/2014

PREP: 15 Min
COOK: 10 Min
STOVETOP

PASTA

MAKES 4 To 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Box Dried Fettuccine Noodles	Cooked
OR			
1	Pound	Box Any Dried Pasta Of Your Choice	Cooked
1	Stick	Unsalted Butter	
1	Cup	Heavy Cream	
2	Cups	Parmesan Cheese (Fresh ONLY)	Grated
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Ground White Pepper	To Taste

OPTIONAL INGREDIENTS

1/2	Bunch	Fresh Italian Parsley Leaves	Fine Chop
4	Cloves	Garlic (Micro-Planed ONLY)	
1/2	Pound	Large Shrimp (31 / 35 Count)	Cooked
1/2	Pound	Grilled Chicken Strips	Cooked
1/2	Pound	Feresh Bay Or Diver Sea Scallops	
1/2	Pound	Fresh Lump Crab Meat (NOT Claw)	

PREPARATION

FACTOID	The basic recipe is so easy to make and delicious, beware, you may be tempted to make this often, it is NOT low in calories. Adding one (or more) of the optional ingredients, makes this into a dish fit for any occasion.
HINTS	Store-bought cans of Grated / Shredded Parmesan Cheese are heavily laced with Corn Starch to keep it from lumping together. Using them will make a Sauce that is REALLY thick and one that will not re-heat worth a damn.
HINTS	The only reason we are using White Pepper is because it ends up invisible. If you don't mind little black specks in your Sauce, by all means use Ground Black Pepper.
HINTS	I just used Bella Cucina "Cordelle" Pasta to make this dish - BEAUTIFUL!
TOOLS	1) Large Stainless Skillet & Lid 2) Box Grater 3) Large Serving Bowl OR Platter
PREP	DISH 1) Grate the Parmesan Cheese and set it aside.
1	Cook the pasta of choice according to the package directions.
2	In a large skillet over low heat, warm the Butter and Heavy Cream. Season to taste with Kosher Salt and White Pepper. At this point, you may add in your chosen Optional Ingredients & cook until just barely heated through.
3	Place half of the Parmesan Cheese into a large serving bowl. Pour the warm Butter & Cream mixture over the top.
4	Drain the Pasta and immediately pour it into the bowl. Toss it a couple of times to mix well and then sprinkle in the other half of the Parmesan Cheese. Toss to combine, thinning it with a little pasta water if necessary.
SERVE	Place on a serving platter and serve while hot.