



## *Alfredo Sauce*



### **Ingredients:**

- ¼ cup butter
- 1 clove garlic, crushed, finely grated, or pressed (optional)
- 1 cup heavy cream
- 1½ cups freshly grated Parmesan cheese (or half Parmesan and half Romano\*)
- Salt & pepper to taste
- Pinch of freshly grated nutmeg (optional)
- ¼ chopped fresh parsley (for garnish)

### **Method:**

1. Melt butter in a saucepan or skillet over medium low heat. If you are flavoring the sauce with garlic, add it to the melted butter and cook for about 1 minute. Do not let it brown.
2. Whisk in the cream and simmer gently for 5 minutes to cook out some of the water from the cream.
3. Remove the pan from heat and add cheese a handful at a time, whisking after each addition until the cheese is melted.
4. Return the pan to the heat and let the sauce simmer gently for 4 to 5 minutes more until the sauce is thickened. Do not let the sauce boil or else it will separate and lose its smooth texture. Season with salt and pepper and add a pinch of freshly grated nutmeg (optional), because nutmeg is heavenly in cream sauce.
5. If you are cooking pasta, RESERVE ONE CUP OF HOT PASTA WATER. Some of the water is to be used to thin the Alfredo sauce if too thick. Cook the pasta al dente, drain well (do not rinse it) and toss it in the skillet with the hot Alfredo sauce. Garnish with parsley and serve immediately.

**NOTE:** Do not use pre-grated cheese; it is coated with a substance that inhibits smooth melting and will ruin the texture of your Alfredo sauce.