

The Hungry Friar

Recipes from the Carmelite Family

Carbonara Sauce

A great, rich spaghetti sauce. Cooked peas can be added to the sauce for color and added flavor. This recipe makes about six servings of pasta. From *Essentials of Classic Italian Cooking* by Marcella Hazan, Alfred A. Knopf, New York 1994.

Ingredients:

½ pound pancetta cut as a ½ slice
4 garlic cloves
3 Tbs extra virgin olive oil
¼ cup dry white wine
2 large eggs

¼ cup freshly grated romano cheese
½ cup freshly grated parmigiano-reggiano
Freshly ground black pepper
2 Tbs chopped fresh parsley
1 ¼ pound pasta

Instructions:

1. Cut the pancetta (or thick slab bacon if you do not have pancetta) into strips not quite a ¼" wide.
2. Lightly mash the garlic with a knife handle, enough to split it and loosen the skin, which you will discard. Put the garlic and olive oil into a small sauté pan and turn on the heat to medium high. Sauté until the garlic becomes colored a deep gold, and remove it and discard it.
3. Put the strips of pancetta into the pan, and cook until they just begin to be crisp at the edges. Add the wine, let it bubble away for 1 or 2 minutes, then turn off the heat.
4. Break the 2 eggs into the serving bowl in which you'll be subsequently tossing the pasta. Beat them lightly with a fork, then add the two grated cheeses, a liberal grinding of pepper, and the chopped parsley. Mix thoroughly.
5. Add cooked drained spaghetti to the bowl, and toss rapidly, coating the strands well.
6. Briefly reheat the pancetta over high heat, turn out the entire contents of the pan into the bowl with the pasta, toss thoroughly again, and serve at once.