



Pasta alla CARBONARA

Ingredients

6 egg yolks from fresh LOHMANN eggs, just out of the fridge 

400g of long pasta, such as spaghetti, or fettuccine, or linguine.

Or else, rigate and mezze maniche are also used

160g of guanciale (cheek bacon) 

120g of (dry) pecorino romano cheese, grated 

- 1 Whisk the yolks with the grated cheese into a paste. A pinch of salt can be added, but not much, as more saltiness will come from other ingredients.
- 2 Slice the guanciale and cut the slices it into 1-2cm strips. Fry it on medium/low heat in a large frying pan, until the strips are somewhat transparent and crisp. Remove from the heat.
- 3 Cook the pasta in boiled, generously salted water, according to manufacturer's instructions for *al dente*. Before straining the pasta, save a cup of the starchy water.
- 4 Strain the pasta and quickly add it to the frying pan with the guanciale (everything away from the heat, from now on). Mix it well with the guanciale and its melted fat. Transfer it to a mixing/serving bowl.

- 5 Pour half a cup of the pasta starchy water into the bowl and add the yolk & cheese paste. Now mix the yolk paste and the pasta vigorously, beating to emulsify the paste in the water. If needed, use some more of the pasta water. Soon you will have a yellow creamy emulsion, and it is ready to be served.
- 6 If wanted, top with cracked pepper and more grated pecorino.

This is the pasta alla carbonara, an Italian dish with eggs that has gained popularity worldwide, but often misrepresented. Perhaps the most common sin is the use of cream or milk. Carbonara is dairy free. Actually, this is the reference you should look for when checking an Italian restaurant menu: if their "carbonara" has cream, you should leave.

No onions or garlic, no mushroom or herbs. Of course you can top with maybe parsley, nice taste, but this is digressing from the recipe. And don't even think of coriander: that would be truly an abomination.

A few variations are reluctantly accepted by Italian traditionalists, naturally with plenty of controversy:

Whether it's durum wheat or egg pasta, it doesn't matter.

The addition of a single egg white is highly debatable, but some people do like to include one albumen.

Under a storm of criticism, pecorino Romano cheese can be partly or totally replaced by parmesan or Grana Padano, or other pecorinos as Sardo or Toscano.

Guanciale has already black pepper in it, so the ground pepper is optional.

And finally, only if you cannot find guanciale, try pancetta and don't tell your guests. You could be lucky and get away with it.



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