

Fettuccine Alfredo

serves 6

A simple and elegant entrée for that occasional, extravagant indulgence. I have this once or twice a year and thoroughly enjoy the richness. This version is a bit leaner than the traditional butter and heavy cream sauce. Serve this with pesto and tomato sauce, the three colors of the Italian flag, with the plain noodles on the side, and let your guests make three piles of noodles with three sauces!

1 lb. fettuccine

1 tsp. salt for pasta water (opt.)

4 T. butter, preferably unsalted

**1 cup heavy cream, as fresh as
you can find**

1/2 cup ricotta cheese

**1/2 cup freshly grated Parmesan
preferably Reggiano**

2 tsp. salt

1 tsp. freshly ground black pepper

Fill a large pot with at least one gallon of water and optional 1 tsp. salt. Bring to a rolling boil on high heat, add fettuccine, stir well. Stir frequently. When the pasta is tender but still firm, drain in a colander.

Meanwhile, melt the butter in a medium saucepan over medium high heat, being careful not to brown the butter. As soon as it is melted, add the cream, stir, and reduce heat to medium. Cook, stirring often, until the sauce has reduced and thickened slightly, about 8-10 minutes. Add the ricotta, parmesan, salt, and pepper. Stir well and cook another 5 minutes. Toss with the drained fettuccine and serve immediately.

Serve this with crusty Italian bread, olive oil for dipping, and a crisp salad with garlic balsamic vinaigrette or with blanched broccoli or asparagus. Savor every bite of the rich elegance of the cream sauce. Notice the different flavors, textures, and colors of the pasta, bread, and vegetables. Notice the aroma. Notice how good it feels to be alive.