**MY CULTURAL HERITAGE: FAMILY AND TRADITIONAL RECIPES**

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| **Name of the recipe:** | Carbonara |
| **Author:** | Roberto Della Rocca |
| **Origin:** | City: Roma  Country: Italy |
| **Characteristics:** | Pasta alla carbonara is a characteristic dish of Lazio, and more particularly of Rome, prepared with popular ingredients and with an intense taste. The most traditionally used types of pasta are spaghetti and rigatoni. |
| **Who created it?** | A chef from Rome |
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| **When do I eat it?** | Sunday |
| **Ingredients:** | 480 g Spaghetti (or rigatoni and half sleeves)  200 g of bacon  5 eggs (one each + 1)  120 g Roman Pecorino cheese  q.s. Black pepper (preferably in grains for grinding)  2 pinches of coarse salt (for the pasta cooking water) |
| **Preparation:** | First of all cut the bacon into squares and place in a pan: Then place a large pot with water and coarse salt on the fire to boil the spaghetti. When it boils, place them into the pot.  At the same time, heat the bacon in the pan over low heat. The bacon must not harden by frying too much, but must soften gently, releasing all the "fat" that will be used to sauté the spaghetti in the pan.  How to make cream of egg yolks for a perfect Carbonara  Mix the egg yolks with most of the pecorino cheese (leave 1 teaspoon for the seasoning) and pepper. Add 1 tablespoon of pasta cooking water to avoid the omelette effect.  The cream must be soft, but at the same time full-bodied and velvety. Intense color therefore not too pale. Drain the spaghetti al dente using a dotted spoon directly into the hot pan of the bacon (keep the cooking water aside)  Then add 2 - 3 tablespoons of the pasta cooking water. Sauté everything together for 1 minute over high heat, then turn off the heat and remove the pan from the stove and pour the cream of egg yolks over the spaghetti. Mix a few seconds, stir in pecorino, with 1 - 2 tablespoon of the cooking water to favor creaminess and pepper!  Your hot and succulent Spaghetti alla carbonara is ready; serve them with a light sprinkling of pecorino cheese and a pinch of pepper! |
| **Servings:** | ⅘ servings |
| **Cooking time:** | 1 hour |
| **Picture:** |  |