

Pasta

Various Italian pasta recipes.

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Spaghetti alla Carbonara



Time: ~20–30 min | **Difficulty:** Easy

Ingredients:

- 1 lb spaghetti
- 6 oz guanciale (or pancetta), cut into small strips
- 4 large egg yolks + 2 whole eggs
- 1 cup finely grated Pecorino Romano
- Freshly cracked black pepper
- Salt (for pasta water)

Instructions:

1. Bring a large pot of well-salted water to a boil. Cook spaghetti until al dente; reserve 1 cup pasta water before draining.
2. While pasta cooks, cook guanciale in a cold skillet over medium heat until golden and crispy (~7 min). Remove from heat.
3. Whisk together egg yolks, whole eggs, and most of the Pecorino in a bowl. Season generously with black pepper.
4. Add drained pasta to the skillet with the guanciale (off heat). Toss to coat.
5. Pour the egg/cheese mixture over the pasta and toss vigorously, adding splashes of pasta water until you get a silky, creamy sauce.
6. Serve immediately with extra Pecorino and pepper.

Pasta Bolognese



Time: ~60 min | **Difficulty:** Moderate

Ingredients:

- 1 lb ground beef (80/20)
- ½ lb ground pork
- 1 onion, finely diced
- 2 carrots, diced
- 2 celery stalks, finely chopped
- 3 cloves garlic, minced

- ¼ cup olive oil
- 2 tbsp tomato paste
- 1 can (28 oz) crushed San Marzano tomatoes
- ½ cup dry red wine
- ½ cup whole milk
- 1 tsp dried oregano; 2 bay leaves
- Salt & pepper
- 1 lb tagliatelle or spaghetti

Instructions:

1. Heat olive oil in a large pot. Sauté onion, carrots, and celery until softened (~5 min). Add garlic, cook 1 min.
2. Add ground beef and pork, breaking it up. Cook until browned.
3. Stir in tomato paste and cook 2 min. Deglaze with red wine; let it reduce by half.
4. Add crushed tomatoes, milk, oregano, and bay leaves. Season with salt and pepper.
5. Simmer on low for 30–40 min, stirring occasionally, until thick and rich.

6. Cook pasta al dente, toss with the sauce, and serve with grated Parmigiano-Reggiano.

Spicy Sausage Pasta alla Norcina



Time: ~30 min | **Difficulty:** Easy

Ingredients:

- 1 lb rigatoni or penne
- ½ lb spicy Italian sausage, casings removed
- 2 cloves garlic, minced
- ½ cup dry white wine
- ¾ cup heavy cream
- ½ cup grated Pecorino Romano
- Red pepper flakes to taste
- Fresh black pepper; chopped parsley

Instructions:

1. Cook pasta in salted boiling water until al dente. Reserve 1 cup pasta water.
2. In a large skillet, cook sausage over medium heat, breaking it into crumbles, until browned (~6 min). Add garlic, cook 1 min.
3. Deglaze with white wine and reduce by half.
4. Lower heat, stir in cream, and simmer 2–3 min until slightly thickened.
5. Toss in the drained pasta and Pecorino, adding pasta water as needed for a glossy, creamy sauce.
6. Finish with red pepper flakes and parsley.

Cacio e Pepe



A Classic Roman Masterpiece

Three humble ingredients transformed into one of Italy's most celebrated dishes.

Origin

Cacio e Pepe (literally "cheese and pepper") is one of Rome's most iconic primi piatti. Its origins trace back to the shepherds of Lazio who carried dried pasta, aged Pecorino, and black pepper on long journeys. Today it stands as one of the four pillars of Roman pasta, alongside Carbonara, Amatriciana, and Gricia.

Ingredients

- 400 g tonnarelli or spaghetti
- 200 g Pecorino Romano DOP, very finely grated
- 2 tsp whole black peppercorns, freshly cracked
- Coarse sea salt for pasta water

Instructions

1. Bring a large pot of well-salted water to a rolling boil. Cook the pasta until just shy of al dente.

2. Toast cracked black pepper in a large dry skillet over medium heat for 1-2 minutes until fragrant.
3. Add 2 ladles (about 250 ml) of starchy pasta cooking water to the pepper skillet and simmer.
4. Place grated Pecorino in a bowl. Gradually whisk in 3-4 tablespoons of warm pasta water to form a smooth cream.
5. Transfer pasta into the pepper skillet using tongs. Toss vigorously over low heat, adding splashes of pasta water.
6. Remove from heat. Add the Pecorino cream and toss rapidly until a glossy sauce coats every strand.
7. Serve immediately with extra pepper and Pecorino.

Tips from the Italian Kitchen

- **Starchy water is everything:** Cook pasta in less water than usual to concentrate the starch.
- **Never add cream:** Authentic Cacio e Pepe relies solely on the emulsion of cheese, pepper, and starchy water.
- **Temperature control:** Add cheese mixture off heat to prevent clumping.
- **Use real Pecorino Romano DOP:** Do not substitute with Parmesan.

Serves: 4 | **Prep Time:** 5 min | **Cook Time:** 15 min