

ALFREDO SAUCE

*Chefsville
Kids*

COOKEE'S TOOL KIT

Medium Saucepan
Wooden Spoon
Measuring cups and spoons
Large Mixing bowl
Spatula
Adult Supervision



Ingredients

American Style:

- 1 garlic clove
- 2 tablespoons unsalted butter
- 1 cup heavy cream
- 1 cup parmesan cheese
- ¼ cup fresh parsley, chopped
- 1 teaspoon kosher salt
- ¼ teaspoon fresh ground black pepper

Italian Style

- 1 garlic clove
- 1 tablespoon unsalted butter
- 1 cup pasta cooking liquid
- 1 cup parmesan cheese
- ¼ cup fresh parsley, chopped
- 1 teaspoon kosher salt
- ¼ teaspoon fresh ground black pepper

Directions

1. American Style: Using a sauté pan or sauce pan on medium heat, add the garlic and butter. Stir for 1 minute, add the cream. Do not boil, just bring the cream to where wisps of steam appear. Then turn off the heat.
2. Add the parmesan cheese. Stir just a few times, then season with salt and pepper. Stir once more.
3. Add the noodles and parmesan cheese, toss to coat the noodles then serve on a hot platter.

1. Italian Style: Using a sauté pan or sauce pan on medium heat, add 1 cup of the pasta's cooking liquid and the clove of crushed garlic. Bring to a simmer for 2 minutes until the garlic gives its flavor to the water.
2. Using a large bowl with the noodles in it, add the infused sauce, then top with butter and parmesan cheese and parsley. Season with salt and pepper then toss until all noodles are coated.

Serve on a hot platter.

Serves 8



Cooking time: 5 minutes

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History of Alfredo Sauce:

When your stomach aches, your mom may have offered you saltines or plain toast — something light that wouldn't aggravate your tummy. In Italy, this same principle applies, but with pasta.

In 1914, a restaurant owner in Rome named Alfredo di Lelio and his wife Ines. Ines was pregnant and the pregnancy caused her terrible nausea. Unable to keep much down, Alfredo made Ines a dish of plain pasta, *pasta in bianco*, or white pasta. He tossed the fresh-made pasta with butter and Parmesan.

Ines ate this dish regularly. Alfredo added it to the restaurant's menu. While on their honeymoon in 1920, Douglas Fairbanks and Mary Pickford, two famous American actors of the silent movies, were in the restaurant and tasted the simple pasta — that day, fettuccine. They asked for the recipe, and brought it home to the U.S.

Reporters wrote about the gift, touting "Alfredo's fettuccine" to the Hollywood elite. Many of them visited on subsequent trips to Rome, adding more photos and reputation to the restaurant. Crowds would gather whenever there were rumors of famous actors eating there. Alfredo's restaurant became a popular tourist destination.

In 1943, di Lilio sold the restaurant to a new owner, who kept the restaurant's name (Alfredo alla Scrofa), menu, and all the photos on the wall. In 1950, Alfredo and his son Armando opened another restaurant, Il Vero Alfredo, "the true Alfredo," which is now managed by Alfredo's grandchildren. Both restaurants claim to be the originator of the dish.

But fettuccine alfredo, which to Italians was little more than buttered noodles, didn't take off in Italy as it did in the United States.

In 1977, di Lilio and a partner opened another Alfredo's near Rockefeller Center in New York City. A third Alfredo's opened in Epcot at Disney World, but closed in 2007. Together, these restaurants popularized and made ubiquitous "alfredo sauce," which has been varied with chicken, shrimp, assorted cheeses, and different ratios of flour, cream, or milk.

Back in Italy, however, the only place you'll find alfredo sauce is at the competing Alfredo restaurants, where the fettuccine alfredo is mixed tableside. Elsewhere, you'll have to ask for the dish by its other names, including *fettuccine al burro*, *fettuccine burro e parmigiano*, or *pasta in bianco*. No one will know what you're asking for if you ask for fettuccine alfredo.