

FETTUCCINI ALFREDO

BLOCK: _____

DATE: _____

NAME: _____

INGREDIENTS:

FETTUCCINI:

- >large amount of water
- >2mL oil
- >2ml salt
- >100g fettuccini noodle

CREAM SAUCE:

- >1 garlic clove
- >15mL margarine
- >15mL flour
- >150mL milk

- >²⁵30ml parmesan cheese
- >2mL basil
- >salt/pepper

EQUIPMENT:

large saucepan
small sauce pan
measuring spoons
~~measuring cups~~
liquid measure
knife

custard cups
metal spatula

DIRECTIONS:

FETTUCCINI:

1. Bring water, salt and oil to a boil in a large saucepan.
2. Gradually add fettuccini. Stir occasionally. Cook until al dente.
3. Drain pasta in a colander (in the sink) and rinse if desired.

CREAM SAUCE:

1. mince garlic.
2. In a small saucepan, melt margarine with garlic and basil over medium heat.
3. Add in flour. Stir over low heat (break up any lumps) for one minute to form a **roux**.
4. Gradually while stirring, add in milk.
5. Cook over low heat until sauce is thick and smooth.
6. Season with salt and pepper.
7. Stir parmesan cheese into the cream sauce.
8. Mix in fettuccini noodles. Serve hot. Enjoy!