**Pasta with Alfredo Sauce**

|  |  |  |
| --- | --- | --- |
| ***Serves 2-3*** | ***Ingredients*** | ***Serves 4-5*** |
|  |  |  |
| 25 mL | margarine | 40 mL |
| 1 | clove(s) garlic, **minced** | 1 – 1½  |
| 25 mL | flour | 40 mL |
| 250 mL | milk | 375 |
| 50 mL | Parmesan cheese | 80 mL |
| To taste | ground black pepper | To taste |
| To garnish | parsley, chopped | To garnish |

***To prepare pasta: Approximately 125 mL pasta shapes per person*** *(penne, rotini, fusilli, etc.)*

* Fill a large pot (for 2-3 people) or Dutch oven (for 4-5 people) ⅔ to ¾ full with cold water. Add 1-2 mL salt. Bring to a full, rolling boil on high heat.
* Add pasta to boiling water and stir occasionally until the water returns to a full boil.
* Cook pasta for 7-10 minutes (depending on size/shape) until **al denté**, or until tender to the tooth/fork, but not mushy.
* Drain in a colander and serve hot.

***To prepare sauce*** *(while pasta is cooking)****:***

1. In a small saucepan (pot), melt the margarine over medium-low heat (#3-4). Add the minced garlic and cook for 1-2 minutes, or until the garlic is a light, golden brown.
2. Add the flour to the margarine/garlic and cook, stirring, for about 30 seconds. This fat/flour mixture is called a **“roux.”** The function of the roux is to thicken the sauce.
3. Using a whisk, add the milk **gradually** to the roux, whisking constantly and scraping the bottom of the pot. Cook sauce until **just** thickened (approximately 3-4 minutes). This is called a **“white sauce.”** **\*\*NOTE** – Do **not** over-thicken the sauce. It should still flow from a spoon and **should NOT** begin to look like gelatin.
4. Add the cheese and pepper to the sauce. Stir until combined, then immediately remove from heat.
5. Pour the Alfredo sauce over the drained pasta and toss to coat pasta. Garnish with chopped parsley and serve hot.

**\*Try at home …** To make Pesto Alfredo Sauce, stir in 15 mL of prepared pesto sauce to Alfredo sauce

 just before mixing the sauce with the pasta.

Foods 11-12(A) 2016 Vint