

BLEU'S FETTUCCHINE ALFREDO

WITH FRESH NOODLE RECIPE

I HAVE BORROWED MUCH OF THIS RECIPE FROM THE IMPASTATO FAMILY WHO OWN SAL & JUDY'S IN LACOMBE, LA, IMPASTATO'S RESTAURANT IN METAIRIE, LA, AND IMPASTATO CELLARS IN MADISONVILLE, LA.

INGREDIENTS

- **1 LB. THIN FETTUCCHINE NOODLES (I MAKE MY OWN FRESH. RECIPE INCLUDED AT THE END OF THIS RECIPE)**
- **1 STICK KERRYGOLD PURE IRISH (UNSALTED)**
- **3/4 CUP HEAVY WHIPPING CREAM**
- **1/4 CUP OF WHOLE MILK**
- **1/2 TSP PURE CANE SUGAR**
- **1/2 TBSP SEA SALT**
- **1 CUP GRATED PARMIGIANO REGGIANO CHEESE (ONLY FRESH, THE REAL THING)**
- **FRESH GROUND PEPPER TO TASTE (A LOT)**
- **1/3 CUP OF COOKED PASTA WATER.**
- **1/4 CUP OF GREEN ONIONS. CUT OFF THE ROOTS AND CHOP BOTH WHITE AND GREEN PARTS TO GET THE 1/4 CUP. ADD MORE IF WANTED. (BASIL OR FLAT LEAF PARSLEY MAY BE SUBSTITUTED FOR THE GREEN ONIONS)**

DIRECTIONS:

1. COOK THE FETTUCCHINE IN A GALLON OF WATER AT A ROLLING BOIL WITH A TABLESPOON OF SALT DISSOLVED IN IT. COOK ONLY UNTIL VERY FLEXIBLE, BUT STILL FIRM. DRAIN AND KEEP WARM. RESERVE 1/3 CUP OF COOKED PASTA WATER.

2. IN A LARGE SKILLET, MELT THE BUTTER, THEN WHISK IN THE HEAVY WHIPPING CREAM. BRING IT TO A LIGHT BOIL OVER MEDIUM HEAT UNTIL BLENDED COMPLETELY. WHISK IN THE RESERVED PASTA WATER, THEN TURN OFF THE HEAT.

3. ADD THE HOT PASTA TO AND SPRINKLE ON THE PARMIGIANO REGGIANO CHEESE. WITH TWO FORKS, TOSS THE PASTA WITH THE SAUCE UNTIL THE CHEESE IS BLENDED IN. IF YOU LIKE, ADD AN EGG YOLK AT THIS POINT AND TOSS QUICKLY TO BLEND. (THIS EGG IS NOT LISTED IN THE INGREDIENTS)

4. SERVE WITH FRESHLY GROUND BLACK PEPPER TO TASTE. I THINK THIS MAKES THE RECIPE.

BLEU'S HOMEMADE EGG NOODLES

MUCH TIME AND ENERGY ARE NEEDED TO SUCCESSFULLY PREPARE THESE NOODLES

INGREDIENTS:

2 CUPS FLOUR (ALL-PURPOSE WHITE FLOUR)

4 EGG YOLKS

2 EGGS

2 TEASPOONS SALT

1/4 TO 1/2 CUP WATER

DIRECTIONS

- 1. MEASURE FLOUR INTO BOWL. MAKE A WELL IN THE CENTER AND ADD EGG YOLKS, WHOLE EGGS, AND SALT.**
- 2. WITH HANDS, THOROUGHLY MIX EGGS AND YOKES INTO FLOUR.**
- 3. ADD WATER, 1 TABLESPOON AT A TIME, MIXING THOROUGHLY AFTER EACH ADDITION.**
- 4. (ADD ONLY ENOUGH WATER TO FORM DOUGH INTO A BALL AND TAKE THE STICKINESS OUT OF THE DOUGH.**
- 5. TURN DOUGH ONTO WELL-FLOURED BOARD; KNEAD UNTIL SMOOTH AND ELASTIC, ABOUT 10 MINUTES.**
- 6. COVER; LET REST 20 MINUTES.**
- 7. DIVIDE DOUGH INTO 4 EQUAL PARTS.**
- 8. ROLL DOUGH, 1 PART AT A TIME, INTO PAPER-THIN RECTANGLE, KEEPING REMAINING DOUGH COVERED.**

9. ROLL RECTANGLE AROUND ROLLING PIN; SLIP OUT ROLLING PIN.

- **CUT DOUGH CROSSWISE INTO 1/8-INCH STRIPS FOR NARROW NOODLES AND 1/4-INCH FOR WIDE NOODLES.**
- **SHAKE OUT STRIPS AND PLACE ON TOWEL TO DRY, ABOUT 2 HOURS.**
- **WHEN DRY, BREAK DRY STRIPS INTO SMALLER PIECES.**
- **COOK (EACH POUND) IN A GALLON OF BOILING SALTED WATER (1 TABLESPOON SEA OR KOSHER SALT) 4 TO 6 MINUTES OR UNTIL TENDER (FRESH NOODLES COOK MY QUICKER THAN STORE BOUGHT), OR TO BE POLITICALLY CORRECT, AL DENTE. DRAIN THOROUGHLY.**

(NOTE: FRESH HOMEMADE PASTA COOKS SOMEWHAT FASTER)

NOTE:

I USE A SMALL HOMEMADE PASTA MACHINE TO ROLL THE THIN DOUGH (AS THIN AS POSSIBLE) THIS IS PARTICULARLY IMPORTANT. YOU CAN ROLL OUT SPAGHETTI, FETTUCINE, AND OTHER TYPES OF PASTA DEPENDING ON THE CAPABILITIES OF THE MACHINE YOU HAVE. THEY ARE AVAILABLE AT ANY CULINARY RETAIL STORE OR ON-LINE. MAKE THE FETTUCINE AS THIN AS POSSIBLE. THIS WILL MAKE A HUGE DIFFERENCE IN TASTE AND TEXTURE.



