

# Authentic Spaghetti alla Carbonara Recipe

Carbonara sauce is traditionally prepared with only egg yolks, pecorino Romano cheese, black pepper, and guanciale, the latter being an essential part of the recipe. Pancetta or bacon are often suggested as a substitute in the absence of guanciale, and Parmigiano-Reggiano is recommended as a replacement for pecorino Romano. However, purists claim that any replacements will result in a carbonara sauce that falls flat in comparison to the original. Likewise, true carbonara aficionados consider the recent trend of adding cream to spaghetti alla carbonara tantamount to culinary sacrilege. The secret to preparing a rich and silky carbonara sauce is in perfect timing and technique: it is crucial to work quickly, as the egg-based sauce will only be cooked through by the heat from the hot spaghetti if it is added immediately after the pasta is strained. However, the pasta must also be taken off the heat before the eggs are stirred in, otherwise they might easily scramble or curdle.

## Ingredients

- 4 Egg Yolks
- 200 g Guanciale Cut into Strips (Lardons) or Cubes
- 20 g Pecorino Romano Freshly Grated (Plus Extra for Garnish)
- 30 g Grana Padano Freshly Grated
- 10 g Whole Sarawak Black Peppercorns
- 280 g Dried Spaghettoni



## Method

Heat a medium sized pot of water to 160° F. (In order to concentrate the starch in the pasta water, and facilitate sauce emulsification, do not use a large pot or too much water)

Separate 4 egg yolks into a metal bowl and then whip in the grana Padano and pecorino Romano.

Add in the freshly ground coarse black pepper and whisk the mixture into a paste.

Place the metal bowl atop the double boiler and whisk until the color and density change, then set aside.

Add the guanciale to a cold pan (without oil), turn on the heat, and cook until golden, removing fat into a bowl as it cooks

While the guanciale cooks, bring the pot of water to a boil and then lightly salt, and heat the serving dishes.

Once the guanciale is finished cooking, remove the rest of the fat into the bowl, add the Spaghettoni to the boiling water and cook until very al dente (~2 mins less than the pasta instructions), stirring occasionally.

Once the pasta is finished cooking, add the pasta to the metal bowl with the egg and cheese mixture, add  $\frac{3}{4}$  of a ladleful of pasta water and toss vigorously to emulsify. Add additional pasta water as needed to achieve the desired consistency, and then add in 2–4 spoonful of the guanciale fat.

Place the metal bowl of pasta back atop the pot of boiling water and toss briefly over the double boiler to fully emulsify. Add the guanciale.

Remove from heat and toss again.

Plate on the warmed dishes and top with pecorino Romano and freshly ground black pepper.