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Authentic Amatriciana Recipe (Pasta all'Amatriciana)



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Amatriciana is one of the most famous pasta dishes served in Roman trattorias and restaurants. Because of this, many assume it originated in Rome. In reality, the **Amatriciana recipe** comes from Amatrice, a small town in the Rieti area of central Italy.



This classic dish features **spaghetti** or **bucatini** tossed in a rich **Amatriciana sauce** made with peeled tomatoes, guanciale, chili pepper, and **Pecorino Romano cheese**. No garlic or onion—ingredients sometimes found in the Roman version—are used in the **original Amatriciana recipe** from Amatrice. Another key difference? The traditional recipe calls for spaghetti, while the Roman adaptation often uses bucatini.



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PREP TIME

20 mins

COOK TIME

10 mins

TOTAL TIME

30 mins



COURSE

pasta

CUISINE

Italian

SERVINGS

6



CALORIES

532 kcal

INGREDIENTS

- 125 g guanciale - 4.4 oz
- 400 g tomatoes - ~2 cups, canned San Marzano

- 1 chili pepper
- 50 ml dry white wine - ¼ cup (optional)
- salt to taste
- 500 g spaghetti or bucatini - 1.1 pound
- 80 g Pecorino Romano - ⅔ cup, grated

INSTRUCTIONS

How to Make the Amatriciana Sauce

1. Begin by cutting the guanciale into thin strips, making sure to keep both the lean and fatty parts. Do not discard the dark outer layer—it's rich in pepper and spices, adding incredible depth of flavor to the sauce.
2. Place the pan over medium heat and add the chili pepper along with the guanciale strips. No oil is needed—as the guanciale cooks, it will release its own flavorful fat, which is key to achieving the authentic taste of Amatriciana sauce.
3. Sauté the guanciale over medium heat, stirring frequently with a wooden spoon. Let it cook until the fat becomes translucent and turns a golden color—this should take about 5 minutes.
4. At this stage, you can choose to add white wine (optional). If using it, pour it in while keeping the heat high, allowing the alcohol to evaporate completely before moving to the next step.
5. While the guanciale is cooking, prepare the peeled tomatoes. There are many types of canned tomatoes available, but for the best flavor, San Marzano tomatoes are the top choice for Amatriciana sauce. Pour the peeled tomatoes along with their juice into the pan with the guanciale.
6. Using a fork, gently crush the tomatoes to break them down into a more pulpy consistency. Stir well to combine all the ingredients, then season with a small pinch of fine salt (remember, Pecorino Romano is quite salty, so don't overdo it).
7. Let the sauce simmer on medium heat for about 10 minutes, stirring occasionally. The sauce should slightly thicken while still remaining juicy.
8. Once done, remove the chili pepper and discard it. Your Amatriciana sauce is ready! Now, let's move on to the pasta.

Cook the Pasta

1. Bring a large pot of salted water to a rolling boil. Add the spaghetti or bucatini and cook it until al dente, following the cooking time indicated on the package.

Before draining, reserve a small cup of pasta water—this can help adjust the sauce consistency later if needed.

2. Drain the pasta and immediately transfer it into the pan with the Amatriciana sauce.
3. Over low heat, toss the pasta in the sauce, stirring well so that every strand is evenly coated.

4. Sprinkle in grated Pecorino Romano cheese, stirring quickly to allow the cheese to melt and bind everything together. If the sauce looks too thick, add a splash of the reserved pasta water to loosen it up. Serve immediately, piping hot, with an extra dusting of Pecorino Romano on top.

NUTRITION

Serving: 100g	Calories: 532kcal	Carbohydrates: 66g
Protein: 18g	Fat: 21g	Saturated Fat: 8g
Polyunsaturated Fat: 1g	Monounsaturated Fat: 1g	Cholesterol: 36mg
Sodium: 348mg	Potassium: 385mg	Fiber: 4g
Sugar: 5g	Vitamin A: 682IU	Vitamin C: 20mg
Calcium: 168mg	Iron: 1mg	



KEYWORD

amatriciana, authentic amatriciana recipe

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