



The Original Recipe for Spaghetti Carbonara with Sautéed Pancetta Cubes

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Easy



2 Servings



30 min.



Carbonara is a classic Italian pasta sauce. Creamy and light—and definitely made without any cream! If you prepare this dish according to the original Italian recipe, you'll immediately understand why this classic sauce is so popular.

By the way, “alla carbonara” translates to “the charcoal burner’s way,” because according to legend, charcoal burners (a traditional craft involved in charcoal production) ate this pasta dish with its flavorful egg-and-Parmesan sauce during their breaks. There are other explanations for the origins of spaghetti carbonara—but there’s no doubt that today it’s a well-known and beloved dish in Lazio, the region surrounding Rome.

Ingredients

200 g spaghetti
150 g pancetta
3 egg yolks
40 g Parmesan
1 clove of garlic
Freshly ground black pepper
A little olive oil
A few sprigs of flat-leaf parsley (optional)

Step 1: The Preparation

First, finely grate the Parmesan using a food processor or a Parmesan grater. Next, carefully crack the eggs and separate the whites from the yolks. You won't need the egg whites for this recipe—it's best to set them aside in the refrigerator. Now whisk the egg yolks with the freshly ground pepper and the grated Parmesan. Now chop the garlic cloves very finely. (Optionally, you can wash a few sprigs of parsley, remove the leaves, and chop them finely as well.)

Step 2: Cook the spaghetti

Bring water to a boil in a large pot and add the spaghetti. The spaghetti should be cooked through but still firm to the bite—that is, al dente. To check, remove a single strand of spaghetti from the cooking water and see if it's done.

Step 3: Sauté the pancetta

Pancetta is a type of pork belly from Italy. It is salted, air-dried, or smoked. In some regions, it's also seasoned with rosemary, fennel, or sage. Pancetta is high in fat, which is why Italians like to fry or grill it, and it's also great for making sauces. Pancetta is a must for authentic Italian spaghetti carbonara. Sometimes the rind of the pancetta is tough. If so, you should remove it. Cut the rest into small cubes with a sharp knife. Then place it in a hot skillet, allowing the fat to render slowly, and fry the pancetta until crispy.

Step 4: How to Make Spaghetti Carbonara

Now add the cooked spaghetti to the pan with the pancetta. Next, add the minced garlic, the beaten egg-Parmesan mixture, and about one ladleful of the spaghetti cooking water. Gently stir everything together until the carbonara has the right consistency (creamy... molto delicato!).

Step 5: The Finale

Finally, add a generous splash of olive oil. Don't leave it on the stove too long—the spaghetti should be nicely coated with the creamy sauce, but the egg shouldn't curdle. Now toss the spaghetti in the pot with a large fork (a large meat fork works best) to coat it in the sauce, then carefully transfer it to a plate. Now sprinkle one or two tablespoons of fried pancetta

cubes on top and, depending on your taste, a little chopped parsley. Buon appetito!

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