

CARBONARA PASTA

INGREDIENTS (per person¹):

- an egg (yolk & white)
- 3 tablespoon of grated pecorino cheese (you can substitute parmesan)
 - 1 teaspoon of black pepper (fresh-ground)
 - 2 ounces of *guanciale* (uncured bacon is fine too)
 - spaghetti

RECIPE INSTRUCTIONS:

Bring a large pot of water to boil on your stovetop.

While the water heats to a STEAMING boil, drizzle a teaspoon of olive oil in a separate skillet or frying pan. Heat oil over medium for 1 minute. Then, add the diced *guanciale* to your pan and continue to cook over medium heat – stirring occasionally. You want the fat from the meat to rend, so it's important to cook at a medium temperature (and not on high!). Cook the pork for 3-4 minutes – until the fat has turned transparent. Turn off the heat and keep the cooked pork and melted fat in the skillet.

Now, crack the eggs – separating the egg white from the yolk. Put the yolks in one bowl and the whites in another. Using a fork, whisk the yolks together with the grated cheese. Then mix in the fresh-ground black pepper. Your yolk-cheese-pepper mixture will be thick and a little lumpy (that's fine!). If you want a “spicier” dish, use more black pepper.

Cook the pasta *al dente* according to the package instructions. You want your pasta STEAMING HOT, so be sure not to run it under cold water. Once cooked, drain the pasta and transfer it to the pan with your cooked pork.

Then, mix the cooked pasta, pork and the yolk mixture together – stirring. As a final step, pour in the egg white, continuing to stir. The heat from the hot pasta will melt the cheese and cook the raw egg. ((Chef's not: do not try to cook the sauce over direct heat or a flame – you'll end up with scrambled egg spaghetti!))

Serve immediately with a dusting of grated cheese on top!

¹ If you're cooking for a family of 4, for example, you can simply multiple the ratios by 4.