🍝 Fettuccine Alfredo

Culinary 1 · Unit 8 Lab · Picture recipe card (Level 2). Serves 4. The sauce starts with a roux.



Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

- ☐ 🍝 **8 oz** fettuccine noodles
- ☐ 🥛 **1 c** whole milk
- ☐ 🌾 **2 Tbsp** flour (roux)
- ☐ 🌿 parsley (optional)
- ☐ 🧀 **½ c** parmesan, freshly grated
- ☐ 🧈 **2 Tbsp** butter (roux)
- ☐ ⚫ pepper

🧰 Tools

- ☐ Large stock pot
- ☐ Saucepan
- ☐ Grater
- ☐ Tongs
- ☐ Colander
- ☐ Whisk
- ☐ Measuring cups + spoons
- ☐ Oven mitts

💡 *Sauce too thick? Add a spoon of pasta water (“liquid gold”).*

👩‍🍳 Steps: check each box when you finish

1		Wash hands. Apron on. Hair back.	☐
2		**Grate** the parmesan. Cut the butter into **4 pieces**.	☐
3		Fill the stock pot with water. **Boil**.	☐
4		Add the noodles. **Stir**. Cook until **al dente**.	☐
5		Saucepan: melt the **butter** on **MEDIUM**.	☐
6		Whisk in the **flour**. Cook **2–3 minutes**. (This is the **roux**.)	☐
7		**Slowly** whisk in the **milk**. Keep whisking until it **thickens**.	☐
8		Drain the noodles in the colander. **Adult or para helps** with the hot pot.	☐
9		Right before serving, stir the **parmesan** into the sauce.	☐
10		Pour the sauce over the noodles. Add **pepper** (and parsley).	☐
11		Clean up your station.	☐

📸 Lab photos and my check

☐ Mise en place ☐ Step 1 ☐ Step 2 ☐ Step 3 ☐ Final plate

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work