# 🍝 Fettuccine Alfredo Lab

Culinary 1 · Unit 8 · Level 2 · after Intro to Grains



Name: _____ Date: _____ Period: _____

*Makes 4 servings (2 oz pasta each). Mrs. Dyches' recipe: Fettuccine Alfredo.*

## 🧺 Noodles

- ☐ 🍝 **8 oz** fettuccine noodles (2 oz per person)
- ☐ 💧 **¾ pot** water + salt

## 🧺 Sauce

- ☐ 🧈 **2 Tbsp** butter
- ☐ 🌾 **2 Tbsp** flour
- ☐ 🥛 **1 c** whole milk
- ☐ 🧀 **½ c** grated parmesan
- ☐ 🧂 salt + white pepper

## 👩‍🍳 Steps: check each box when you finish

1.  Fill the pot ¾ with water. Add salt. Bring to a **rolling boil**. ☐
2.  Add the noodles. Stir sometimes. Cook until **al dente**. ☐
3.  Drain in the colander, away from your face. ☐
4.  Sauce: melt butter on **medium**. Whisk in the flour (a **roux**). Cook 2-3 minutes. ☐
5.  Slowly whisk in the milk. Stir until thick. ☐
6.  Stir in the parmesan until melted. ☐
7.  Pour sauce on the noodles. Toss. Salt + pepper. Photo! ☐

💡 *The older Unit 8 card is a similar recipe. This packet follows her current Fettuccine Alfredo doc.*