

Fettuccine Alfredo

Makes 5 Servings

Preparation: 15 minues , Cook Time: 20 minutes

Foods 1

In class recipes

From Susan McCleskey

1/4 cup butter
1/4 cup flour
1/2 teaspoon garlic salt
2 cups milk
pepper to taste
1/3 cup Parmesan cheese
6-10 ounces fettuccini pasta (1/2 the package)

Fill a large pot half full of water, add a little salt to the water, then cover with a lid. Boil water over high heat. Remove the lid and add pasta slowly to keep the boil. Cook UNCOVERED until tender (about 15 minutes) Drain pasta in a colander and rinse with cold water.

WHILE THE PASTA IS COOKING:

Melt margarine/butter in a saucepan with higher sides over a medium-low heat.

Add flour and whisk constantly but not fast until the flour is well mixed in; the the mixture is smooth and starts to clump together.

SLOWLY add milk 1/2 cup at a time and continue to whisk slowly, to incorporate all of the flour mixture with the milk.

Turn the heat to a medium temperature and continue to whisk until the sauce starts to thicken. If it takes too long, add about 1 tsp of flour and whisk in well to incorporate.

Add garlic salt, pepper and Parmesan cheese to the sauce and continue to whisk until the cheese is melted and well incorporated.

If the sauce is thick enough, remove from heat- if not, continue to whisk slowly until it thickens to your liking. It should be smooth and creamy. Serve sauce over cooked pasta.