



Alfredo Sauce

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Description: In her book "Easy Tasty Italian", Laura Santtini says that an Alfredo Sauce is "... the king of the fresh pasta sauces ... and is described as a 'heart attack on a plate'" This is an adaptation of the original sauce.

Yield: 1 1/2 c

Start to Finish Time: 20 minutes

Preparation Time: 10 minutes

Serving Ideas: An Alfredo Sauce is perfect with Fettuccine. Or serve as Cauliflower Alfredo.

Directions:

1) In a heavy pot, melt butter and add the cream. Stir with a wooden spoon. Bring to a slow boil. Reduce heat to simmer and add salt and pepper and nutmeg. When somewhat thick, add the Moscato. Continue to stir until the sauce gets thick, about 3 - 5 minutes.

2) Remove from the heat and add the cheeses and stir until incorporated. Add to your pasta and serve immediately.

Ingredients:

1 T unsalted Butter

1 c Whipping Cream

1 pinch fresh ground
Pepper

1 pinch Celtic Sea Salt

1 t fresh Nutmeg

1/3 c Moscato

1/4 c Parmigiano

Reggiano, grated

1/4 c Pecorino Romano,
grated