

Alfredo Sauce

Author: Bob and Robin Young

Source: <http://boisefoodieguild.wordpress.com>



Preparation Time: 10 minutes Start to Finish Time: 20 minutes

Yield: 1 1/2 c

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.

Ingredients:

1 Tbsp unsalted
Butter

1 c Whipping Cream

1 pinch fresh ground

Pepper

1 pinch Salt

1 t fresh Nutmeg

1/3 c Moscato

1/2 c Parmesean
cheese, grated

Serving Ideas: An Alfredo
Sauce is perfect with
Fettuccine.

Directions:

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.

Remove from the heat and add the Parmesean cheese and stir until incorporated. Add to your pasta and serve immediately.