



# Tagliatelle Carbonara (Authentic)

Serves: 4 | Prep: 20 min | Cook: 10 min | Source: #ParlezPantry

The original dish was brought to Lazio from Umbria by coal men (carbonari), who ventured to sell charcoal to the Romans.

After spending 3 years both working and living in northern Italy, Emilia Romagna (Ferrara), I can confirm that this is a genuine recipe and not something that has been adapted for the British palate; there is no cream in use here.

Even the use of tagliatelle is permissible to the Nonnas.

## Ingredients

- 500 g tagliatelle
- 100 g guanciale or pancetta (largely diced)
- 2 tbsp olive oil
- 4 eggs
- 1 egg yolk
- 100 g Pecorino Romano
- Freshly ground black pepper

## Notes

Feel free to switch the guanciale out for pancetta but do not compromise on the cheese, use Pecorino Romano, accept no substitute.



## Method

1. Cook the pasta in a large pan of boiling, lightly salted water until al dente, do not use oil in the pasta water.
2. Meanwhile, heat the pan you shall be serving from to a medium heat, add the olive oil and the guanciale or pancetta, bring to a medium high heat and fry until crisp, slowly raising the heat throughout. If you desire you can remove up to half of the fat from the pan with kitchen roll or a large spoon.
3. Lightly beat the eggs in a large bowl and add the grated cheese and black pepper.
4. When the pasta is ready, using tongs, add to the pan with the guanciale, permitting some of the pasta water to accompany the pasta into pan.
5. The water will sizzle with the fat once it hits the pan, mix, or toss well to coat everything for up to 1 minute.
6. Turn off the heat and remove the pan to allow it to cool slightly. Add a little more pasta water if required and you'll notice you no longer hear the sizzling then add the beaten egg and cheese mixture. You must wait for this time or the eggs will scramble due to excessive heat and not coat the pasta.
7. The creaminess comes purely from the emulsification and incorporation of the water, fat, egg yolks and cheese. Stir to coat the pasta well and serve immediately using a ladle or large spoon with tongs to aid spiralling to create a nest.
8. Finally top with more black pepper and extra grated Pecorino Romano.