

## Spaghetti alla carbonara

*Spaghetti alla carbonara* is a first course classic to the Lazio region. The origin of the dish is uncertain, and over time variations have arisen.

### Ingredients:

- 200g spaghetti
- 100g guanciale (pig jowl) (or pancetta)
- 3 egg yolks
- 3 tbsp grated pecorino or a mix of Parmigiano Reggiano and pecorino)
- Salt as desired
- Blackpepper as desired
- Extravirgin olive oil—in the case that pancetta is used, to brown it.

### Procedure:

1. Brown the guanciale in a frypan, without any oil. When the edges are just turning brown, remove and set apart.
2. Put the spaghetti in a pot of boiling salted water and cook for half the time required (for the remaining time, the spaghetti will be in the frypan with the guanciale).
3. Mix in a bowl 3 egg yolks, 3 tbsp of grated pecorino, a dash of black pepper and a few tbsp of very cold water, to obtain a smooth crème.
4. Put the spaghetti into the frypan where the guanciale was browned and continue to cook, amalgamating flavours, as in making risotto, or adding the minimum amount of water necessary to complete the cooking.
5. Turn off the flame and sauté the pasta for just a few seconds, to slightly lower its temperature.
6. Pour the crème over the pasta and mix briskly.
7. Plate the spaghetti and sprinkle with the set-aside crunchy guanciale, then grind a generous amount of black-pepper over the dish.

### Notes:

- Although lovers of Roman cuisine insist on use of guanciale, others usually substitute pancetta, which is leaner.
- Pecorino is best for carbonara, but not all like its pungent taste, so it is possible to substitute a mix of grated Parmigiano Reggiano and pecorino.