



Carbonara perfetto

NIBBLEDISH CONTRIBUTOR

Ingredients

1. pasta (tagliatelle or spaghetti)
2. bacon
3. 1 egg
4. salt
5. rocket salad
6. parmesan cheese

Instructions

Here's the thing. We've often eaten Spaghetts alla Carbonara (cream, egg, bacon or ham) but did you know that the REAL way to make carbonara in Italy is actually WITHOUT cream?

The caloric benefit is obvious and if absolutely cannot have your Carbonara without cream? you can always pour the non fat version but still, you should once in your life try a real Italian Carbonara :)

First, cook your spaghetti the way you usually do, al dente, with bit of salt. While it's cooking, break an egg and batter it to have a smooth yellow liquid.

When the spaghetti are done, empty the water and put them aside. Take a pan and start cooking the bacon cut in little pieces. You COULD use ham but then you might need to add salt. The reason bacon works so much better is because it replaces salt (and god know how much salt we already eat daily...)

While the bacon is cooking, pour the egg in the spaghetti and add some parmesan cheese. Mix everything.

When the bacon is ready, get rid of the excess oil and place them on the spaghetti. When everything is mixed, have the entire thing on a plate and add some rocket salad for the colour and the vegetable.

Important: because the egg is put raw in the spaghetti, it is more than important to have it very fresh! It does cook with the heat of the spaghetti but still.

Have yourself a glass of red wine and enjoy ^_^