



# Original Alfredo

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 lb. pasta (fettuccine, if you're feeling extra classic)
- 1/2 pound parmigiano-reggiano, finely grated
  
- 1/2 pound unsalted butter
- Salt
- 3/4 to 1 cup of reserved pasta water

## Instructions

This is an approximation of the original Fettuccine Alfredo as invented by Alfredo di Lelio at the turn of the century, a double-butter rendition of the classic fettuccine al burro, created in order to rejuvenate his wife's failing appetite after she gave birth. Or so the story goes.

Although it contains no cream, this dish is extremely rich, so I recommend eating it as a side dish for lots of people or broken up with something like grilled chicken and vegetables. It was, however, delicious plain.

First boil the pasta in salted water until al dente.

Drain and reserve 3/4-1 cup pasta water for the sauce.

Bring butter and pasta water to a boil in a saucepan or large skillet. Add pasta, coat with butter mixture and sprinkle in cheese. Toss with forks or tongs until the mixture of cheese, butter and water forms a velvety sauce. Eat hot and enjoy.