

Fettuccine Alfredo: The Creamy Pasta That Became a Comfort Food Favorite

There are some meals that just feel like a warm hug on a plate. For me,

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25 min

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INGREDIENTS

12 ounces (340 g) dry fettuccine
4 tablespoons unsalted butter
2 cloves garlic, finely minced (optional)
1 1/2 cups heavy cream
1 1/2 cups freshly grated Parmesan cheese (plus more for serving)
1/2 teaspoon kosher salt (plus more for pasta water)
1/4 teaspoon freshly ground black pepper
2 tablespoons chopped parsley (optional, for garnish)

DIRECTIONS

- 1.** Making : Fettuccine Alfredo may sound fancy, but it's actually straightforward. Here's how I prepare it:
- 2.** Step 1: Cook the Pasta: First, I bring a large pot of salted water to a boil. The salt helps flavor the pasta. I cook the fettuccine until it's al dente, which means tender but still slightly firm. Before draining, I save about one cup of pasta water. This starchy water can help adjust the sauce later.
- 3.** Step 2: Melt the Butter: In a large skillet over medium-low heat, I melt the butter. If I'm using garlic, I sauté it for about 30 to 60 seconds. Garlic adds extra flavor, but it's optional if you prefer a more traditional taste.
- 4.** Step 3: Add the Cream: Next, I pour in the heavy cream and let it gently simmer for 2 to 3 minutes. This helps it thicken slightly.
- 5.** Step 4: Stir in the Cheese: I reduce the heat to low and gradually whisk in the freshly grated Parmesan cheese. It's important to add the cheese slowly and stir continuously so the sauce stays smooth.
- 6.** Step 5: Toss the Pasta: I add the cooked fettuccine to the skillet and toss everything together. If the sauce seems too thick, I add a little reserved pasta water at a time until it becomes silky and glossy.
- 7.** Step 6: Season and Serve: Finally, I season with salt and pepper. I top the dish with extra Parmesan and a sprinkle of chopped parsley for color.
- 8.** And just like that, dinner is ready!

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Original recipe: <https://chefmaniac.com/fettuccine-alfredo-the-creamy-pasta-that-became-a-comfort-food-favorite/>