



# Spaghetti Carbonara

*Spaghetti alla Carbonara is a beloved Roman classic made with just a handful of ingredients—eggs, Pecorino Romano, guanciale, and black pepper—but delivers rich, creamy flavor without a drop of cream. It's the ultimate example of Italian cooking: simple, soulful, and full of character.*



SERVINGS  
4



TIME  
30 min



DIFFICULTY  
Medium



CALORIES  
1231 kcal

## INGREDIENTS

- 400g (14 oz) spaghetti
- 150g (5 oz) guanciale, diced (pancetta as substitute)
- 3 large egg yolks + 1 whole egg
- 50g (1/2 cup) Pecorino Romano, finely grated (plus extra for serving)
- Freshly cracked black pepper
- Salt (for pasta water only)

## WINE PAIRING

- Red: Frascati, Chianti Classico, or Pinot Nero
- White: Verdicchio, Soave, or Fiano

## CHEF RIGATONI'S TIP:

"The heat from the pasta cooks the eggs just enough. Don't put the pan back on the heat or you'll get carbonara frittata! Stir with confidence, eat with passion."

# DIRECTIONS

1. Boil the Pasta
2. Bring a large pot of water to a boil. Salt it generously (like the sea), then add the spaghetti. Cook al dente, according to package instructions (about 8–9 minutes).
3. Prepare the Guanciale
4. While the pasta cooks, add the guanciale to a large pan (no oil!) over medium heat. Sauté until golden and crispy, about 5–6 minutes. Remove from heat and set aside.
5. Mix the Egg Cream
6. In a bowl, whisk together the egg yolks, whole egg, and grated Pecorino Romano. Add a generous amount of fresh black pepper — it should be visible. This is your creamy sauce base (no cream needed!).
7. Combine
8. When the pasta is ready, reserve 1 cup of pasta water, then drain.
9. Toss the hot spaghetti directly into the pan with the crispy guanciale (pan off the heat to avoid scrambling).
10. Quickly pour in the egg mixture, tossing vigorously with tongs or a fork. Add a splash of reserved pasta water to loosen the sauce and create a silky texture.
11. Mix until creamy, glossy, and perfectly coated (but never scrambled!).
- 12.5. Finish & Serve
13. Plate immediately. Finish with a fresh grating of Pecorino and more black pepper. Serve hot and devour with a glass of red or white wine.