

# Betty's Luscious Fettucine Alfredo Recipe



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In this video, Betty demonstrates how to make her Luscious Fettucini Alfredo recipe. It is creamy and full of wonderful Parmesan cheese--a real winner!

## Ingredients:

6 oz. uncooked fettucini noodles  
1/2 pot of water, salted with 1 tablespoon salt  
2 tablespoons butter  
1/4 cup flour  
12 oz. (1 1/2 cups) grated Parmesan cheese  
1 1/2 cups milk (I use skim milk.)  
1/4 teaspoon salt  
dry grated Parmesan cheese for sprinkling over the top to taste  
parsley for garnishing the top

Fill a medium to large pot one-half full of water. Add 1 tablespoon salt, and bring the water to a full boil. Add the 12 oz. fettucini noodles, and bring them to a boil. Cook for 7 to 10 minutes, until al dente (chewy--not mushy). While the noodles are cooking, prepare your Alfredo sauce. Melt 2 tablespoons butter in a saucepan on the stove. Remove from heat and stir in 1/4 cup flour and stir vigorously, until the two are blended into a roux. Add 12 oz. (1 1/2 cups) grated Parmesan cheese, 1 1/2 cups milk (I use skim milk), and 1/4 teaspoon salt. Now cook and stir continuously for a minute or two, and then occasionally. The sauce should be thick and smooth about the same time that the noodles are cooked. Drain the noodles in a collander in the sink and place the collander containing the noodles on top of the pot. Transfer the drained noodles to a serving dish (oblong and deep is good). Pour the Alfredo sauce over the noodles in about three different parts, mixing each time you pour in more of the sauce. When you have added enough sauce to your taste, sprinkle the top with dry grated Parmesan cheese, and garnish with fresh parsley, snipped over the top with kitchen shears. Serve hot with Italian bread and olive oil for dipping the bread. Buon appetito!