

Lemon Alfredo Sauce

Savannah · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

This lovely sauce is brightened by the addition of lemon zest and juice. It's perfect for pasta but try it over steamed broccoli or asparagus for a delightful boost to your side vegetable. This recipe will accompany about a pound of pasta or 6 to 8 servings of vegetables.

Ingredients

- 3 tablespoons unsalted butter - 2 cloves garlic
- minced - ¼ teaspoon freshly ground black pepper
- or to taste - ½ teaspoon salt
- or to taste - 1 pinch ground nutmeg - 1 cup heavy cream - 1 medium lemon
- zested and juiced - ½ cup grated Pecorino Romano cheese - ½ cup freshly grated Parmesan cheese - chopped fresh parsley for garnish (optional)

Instructions

1. Melt butter in a 10-inch skillet over medium heat. Once butter is foamy
2. add garlic
3. pepper
4. salt
5. and nutmeg. Cook and stir until garlic is fragrant
6. about 30 seconds. Gradually whisk in cream
7. stirring constantly
8. to incorporate cream into butter. Drizzle in lemon juice
9. then add lemon zest
10. while stirring constantly. Keep stirring until sauce coats the back of a spoon
11. 3 to 5 minutes. Remove from heat and stir in grated Pecorino Romano and Parmesan cheeses. Taste and adjust seasoning
12. if necessary. Serve garnished with parsley. Grated cheese Use blocks of Parmesan and Pecorino Romano cheeses. Pre-shredded cheese may clump in the sauce from added anti-caking agents. If using as a pasta sauce
13. you may thin a thick sauce by adding the pasta cooking water
14. about 2 tablespoons at a time
15. until thinned to your liking. If the sauce for vegetables is too thick
16. add a tablespoon of cream
17. stirring
18. until the desired consistency is achieved. To thicken the sauce
19. stir in additional grated cheese until melted and the desired consistency is achieved.