

Cacio e Pepe

Ingredients

- » Spaghetti, fresh or boxed. Other long noodles could work.
- » 2–4 Tbsp. olive oil
- » 3 Tbsp. freshly cracked pepper
- » ¼ lb.–½ lb. finely grated parmesan reggiano cheese
- » Salt to taste

Boil your pasta al dente in lightly salted water, then drain. When finished, set some of your pasta water aside to use in your sauce later. While your pasta is boiling, heat 2–4 tablespoons of olive oil, depending on how much pasta is used, in a pan. Start to add the freshly cracked pepper. At the very minimum it should be three tablespoons of pepper, but if preferred spicier you could add as much pepper as you want. You're going to toast the pepper in the olive oil while the pasta is cooking.

Once done, go ahead and pull out the pasta and to begin to coat it in the pepper and the olive oil while sprinkling in finely grated Parmesan. If the grated parmesan reggiano is too thick, the cheese won't melt down and it won't turn into that delicious cheese sauce that you want. So you're going to want to use finely grated parmesan reggiano. You are going to sprinkle the cheese into the pan while mixing the pasta continuously. You want to add them both simultaneously.

The pasta mixture might get a little bit dense, a little bit too thick, so take your saved pasta water, and pour in one-fourth cup at a time till you reach the desired consistency of your cheese pepper sauce.

Serve immediately.

★ Lemon Vinaigrette (Session 7)

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| » 1/2 cup olive oil | » 2 Tbsp. honey |
| » Zest from one lemon | » 2 Tbsp. white wine vinegar |
| » 2 Tbsp. lemon juice | » ½ tsp. salt |
| » 1 Tbsp. minced shallot | » 1 Tbsp. water |

Puree or whisk together all the ingredients. Drizzle over salad and toss.