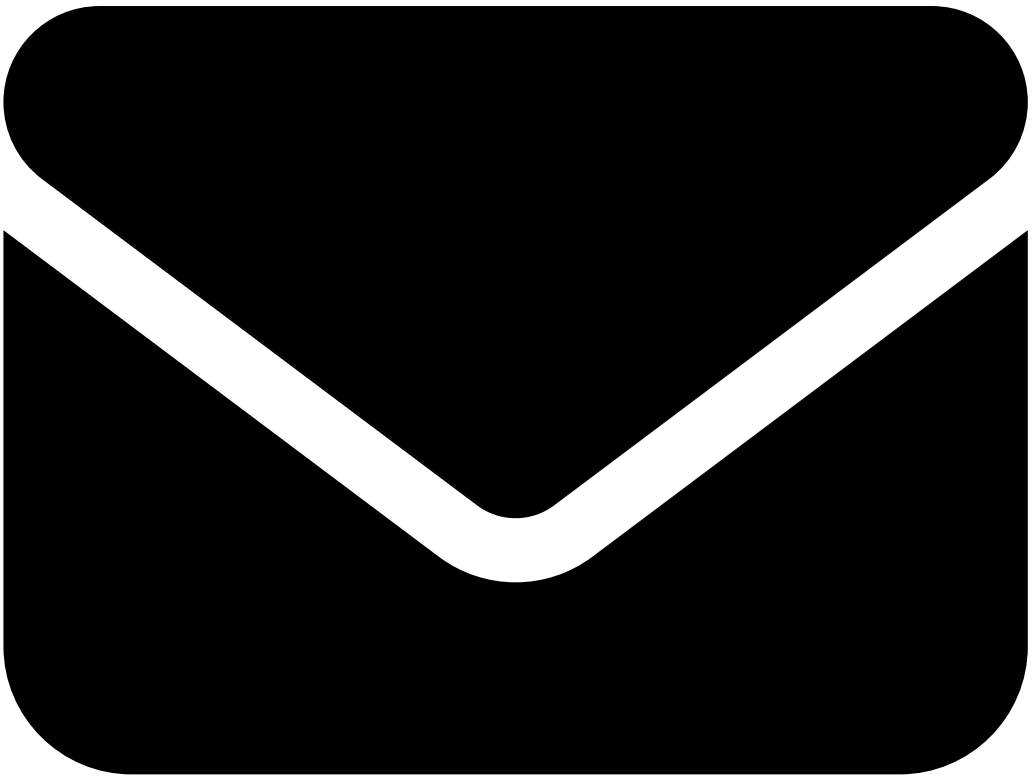
Authentic Fettuccine Alfredo (No Cream)

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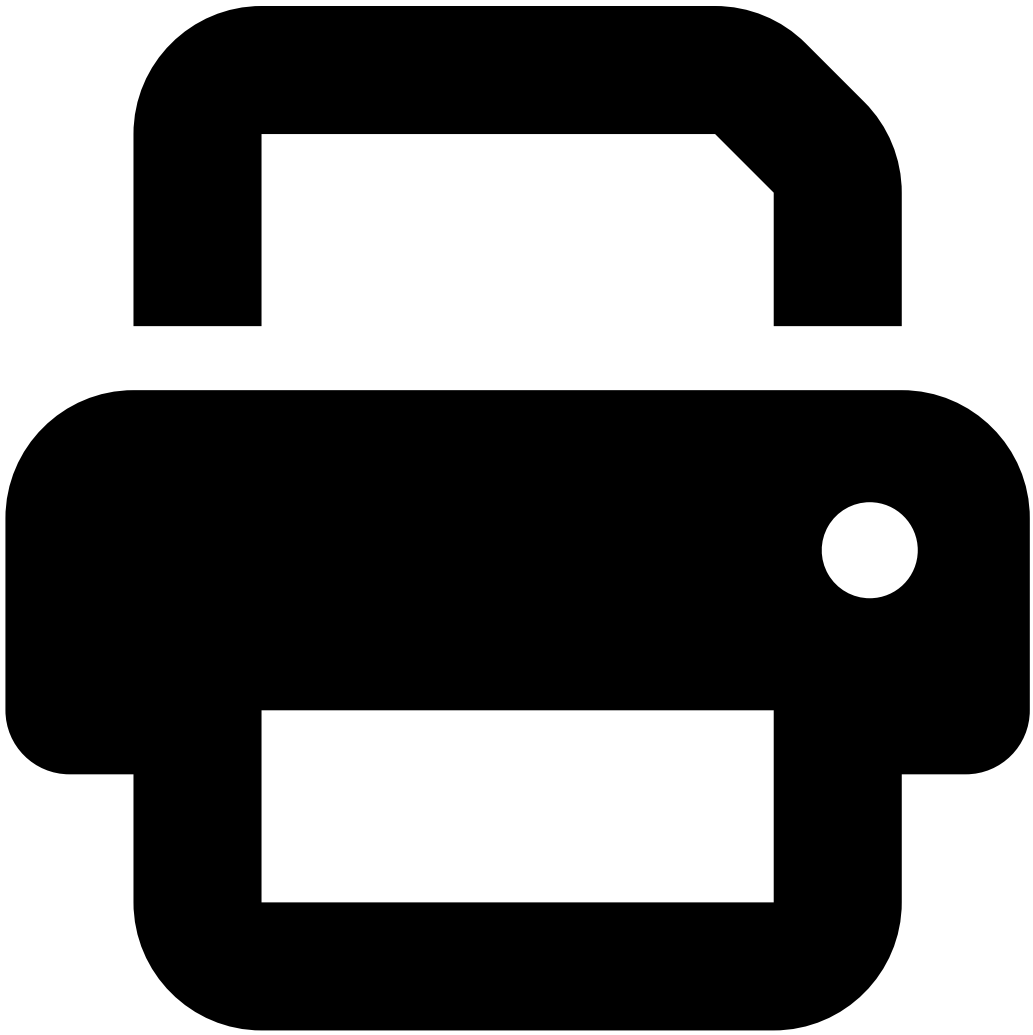
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If you grew up in America, you probably think Alfredo sauce means heavy cream, garlic, and maybe even chicken. But authentic **Fettuccine Alfredo** is something entirely different.

This iconic Roman pasta was created in the early 1900s by Alfredo di Lelio in Rome. And the original version? Just **butter, Parmigiano Reggiano, fresh fettuccine, and pasta water.** No cream. No flour. No garlic.

When made properly, the Alfredo sauce becomes naturally creamy and glossy from the emulsion of butter, cheese, and starchy pasta water. It’s simple—but technique matters.

Let me show you exactly how to make it the authentic way.

Things to know about this Authentic

Fettuccine Alfredo (No Cream)

Pro Tips for Perfect Alfredo

- Use **freshly grated** Parmigiano Reggiano. Pre-shredded cheese will not melt properly.
- Keep heat low to prevent the cheese from clumping.
- Toss constantly—movement creates the emulsion.
- If sauce thickens too much, add another splash of hot pasta water.

What Makes This Different from American Alfredo?

American versions typically include heavy cream and sometimes garlic.

The original Roman version relies entirely on technique and high-quality ingredients. The creaminess comes from the emulsion—not dairy overload.

Simple ingredients. Perfect execution.

Storage

This pasta is best served immediately.

If needed:

- Store leftovers in an airtight container up to 2 days.
- Reheat gently with a splash of water over very low heat.

Freezing is not recommended, as the sauce can separate.

Ready to Make Real Fettuccine Alfredo?

Now you know – authentic Alfredo doesn't need cream. Just quality ingredients, proper technique, and a little confidence.

If you make this recipe, I'd love to hear how it turned out. Leave a comment below and let me know – and don't forget to tag me on Instagram so I can see your pasta creations!

If you loved this recipe, you might also enjoy:

• Homemade Fresh Fettuccine
• Cacio e Pepe
• Sunday Sauce with Meatballs

Be sure to bookmark LorianasheaCooks.com for more authentic Italian recipes made the traditional way.

Buon appetito □□□

Authentic Fettuccine Alfredo (no cream)



- 1 pound fresh fettuccine (or high-quality dried fettuccine) ((16 oz))
- 8 tbsps unsalted butter, room temperature ((1 stick /

113g))
- 1 ½ cups freshly grated Parmigiano Reggiano ((150g))
- 2 tsps fine sea salt ((for pasta water, plus more as needed))
- ½ tsp freshly cracked black pepper ((optional, traditional in Rome))

1. ## Boil the Pasta

• Bring a large pot of water to a rolling boil.

• Add salt — the water should taste like the sea.

• Cook the fettuccine until **al dente** (usually 1–2 minutes less than package instructions if using dried).

REMINDER: Before draining, reserve **1½ cups of pasta water**.

2. ## Prepare the Butter Base

• Place the room temperature butter in a large serving bowl or wide sauté pan.

• Add a few tablespoons of hot pasta water to the butter.

• Stir gently until the butter melts and forms a creamy base.

TIP: Keep heat very low if using a pan — do not brown the butter.

3. ## Add the Pasta

• Transfer the hot pasta directly into the butter mixture.

• Toss gently to coat the noodles.

4. ## Add the Cheese

   • Sprinkle in the freshly grated Parmigiano Reggiano gradually while tossing continuously.

   • Add pasta water **a tablespoon at a time** as needed.

   This is the key: The starch in the water binds the butter and cheese together, creating a smooth, silky sauce.

   Keep tossing until glossy and creamy. The sauce should cling to the pasta—not pool at the bottom.

5. ## Finish

   • Add freshly cracked black pepper if desired.

   • Taste and adjust salt if needed.

   • Serve immediately in warm bowls.

   Authentic Alfredo waits for no one.