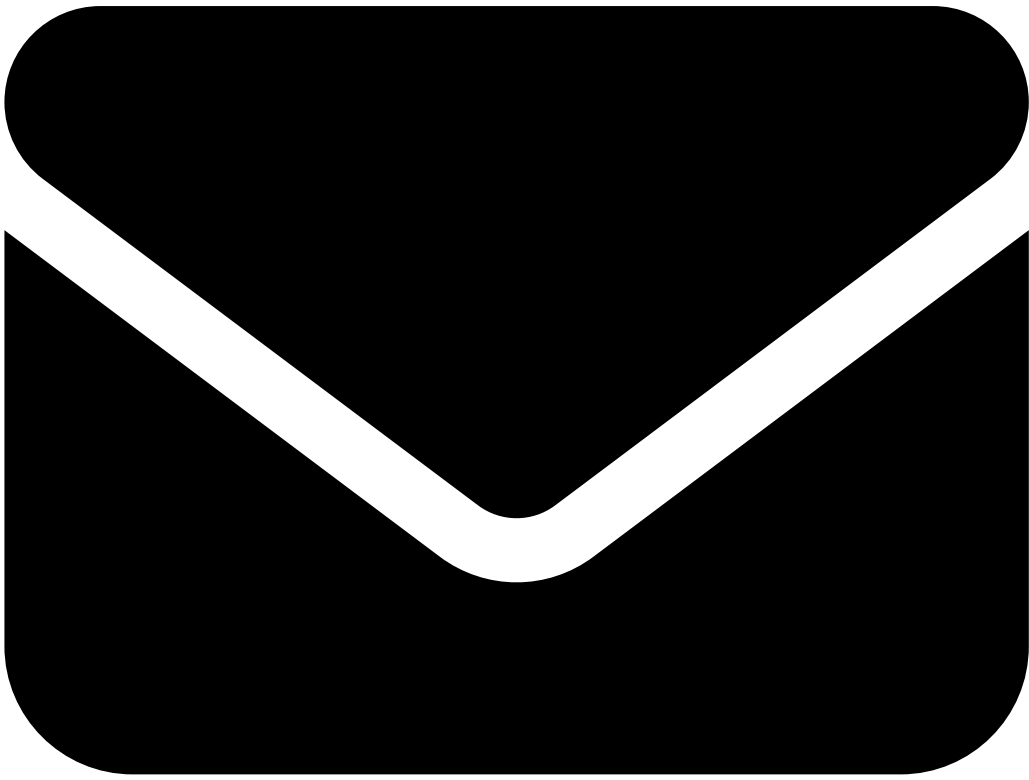


One-Pot Creamy Zucchini Pasta (Pasta e Zucchini)

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This creamy zucchini pasta is made the same way many Italian home cooks prepare pasta with peas—everything cooks together in one pot.

The zucchini slowly soften with onion and olive oil, then the pasta cooks directly in the same pot with water or broth. As the pasta releases its starch, the sauce becomes naturally creamy without adding any cream.

It's simple, comforting, and exactly the kind of rustic dish you'll find in Italian kitchens during zucchini season.

With minimal ingredients and just one pot, it's the perfect weeknight pasta.

things to know about this One-Pot Creamy Zucchini Pasta (Pasta e Zucchini) recipe

Cut the zucchini small

Dicing the zucchini into small cubes helps them soften and melt into the sauce.

The pasta water

The starch from the pasta water is what helps create the creamy texture without adding cream.

Don't rush the zucchini

Letting them cook slowly allows them to soften and develop flavor.

Storage

Store leftover zucchini pasta in an airtight container in the refrigerator for **up to 3 days**.

Reheat gently in a skillet with a splash of water or broth to loosen the sauce.

More Italian Pasta Recipes

If you love simple Italian pasta dishes, you might also enjoy:

- Pasta with Peas (*Pasta e Piselli*)
- Pasta Nerano

- Pasta Alla norma

These recipes use the same philosophy of Italian cooking—**simple ingredients, cooked well.**

Final Thoughts

Creamy zucchini pasta proves that you don't need complicated ingredients to make something delicious. With a few zucchini, olive oil, onion, and pasta, you get a comforting Italian dish that feels both rustic and elegant.

Perfect for busy weeknights or when your garden is overflowing with zucchini.

One-Pot Creamy Zucchini Pasta (Pasta e Zucchini)



This one-pot creamy zucchini pasta is a traditional Italian recipe where pasta cooks directly with zucchini, onion, and olive oil, creating a naturally creamy sauce with Parmesan and pasta starch.

- 12 Oz. small pasta (ditalini, small shells, or broken spaghetti)

- 3 medium zucchini (small dice)
- 1 small onion (chopped)
- 3 Tbsp. olive oil (extra virgin)
- 3 cups water or light broth
- 1 cup grated parmesan
- 1/2 cup Italian parsley (chopped)
- salt and pepper to taste

1. **1. Sauté the base**

In a large pot or deep skillet, heat the olive oil over medium heat.

Add the chopped onion and cook until soft and translucent, about **4–5 minutes**.

Add the diced zucchini, season with salt and black pepper, and cook for **5–6 minutes** until they begin to soften.

2. **2. Add the pasta**

Add the dry pasta directly to the pot.

Pour in **about 3½ cups water or broth**, just enough to cover the pasta.

Bring to a gentle simmer.

3. **3. Cook everything together**

Cook the pasta, stirring occasionally so it doesn't stick.

As the pasta cooks, the liquid will reduce and the starch will create a creamy sauce.

If needed, add a little more water as it cooks.

This should take about **10–12 minutes**, depending on the pasta.

4. **4. Finish the pasta**

When the pasta is tender and the sauce is creamy, remove from heat.

Stir in the grated Parmesan cheese until the pasta becomes silky and coated.

Taste and adjust seasoning.

5. **5. Serve**

Serve hot with extra Parmesan and parsley if desired.

Main Course

Italian

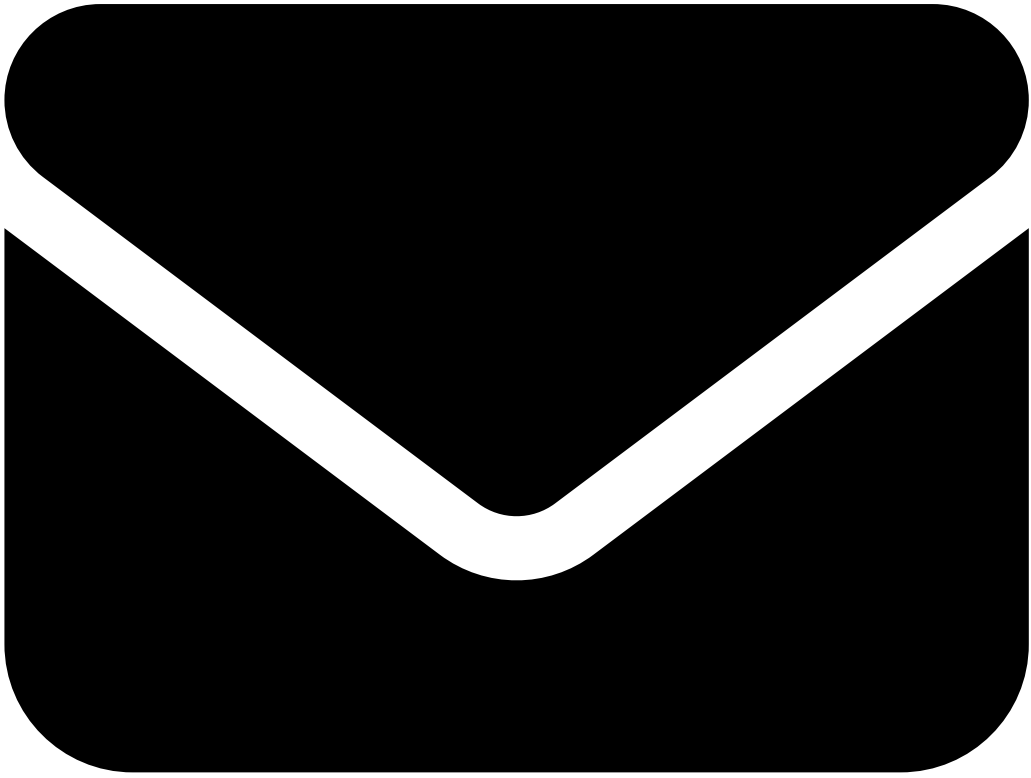
pasta Italian zucchini

Italian Lemon Cod Bites

Italian Lemon Cod Bites

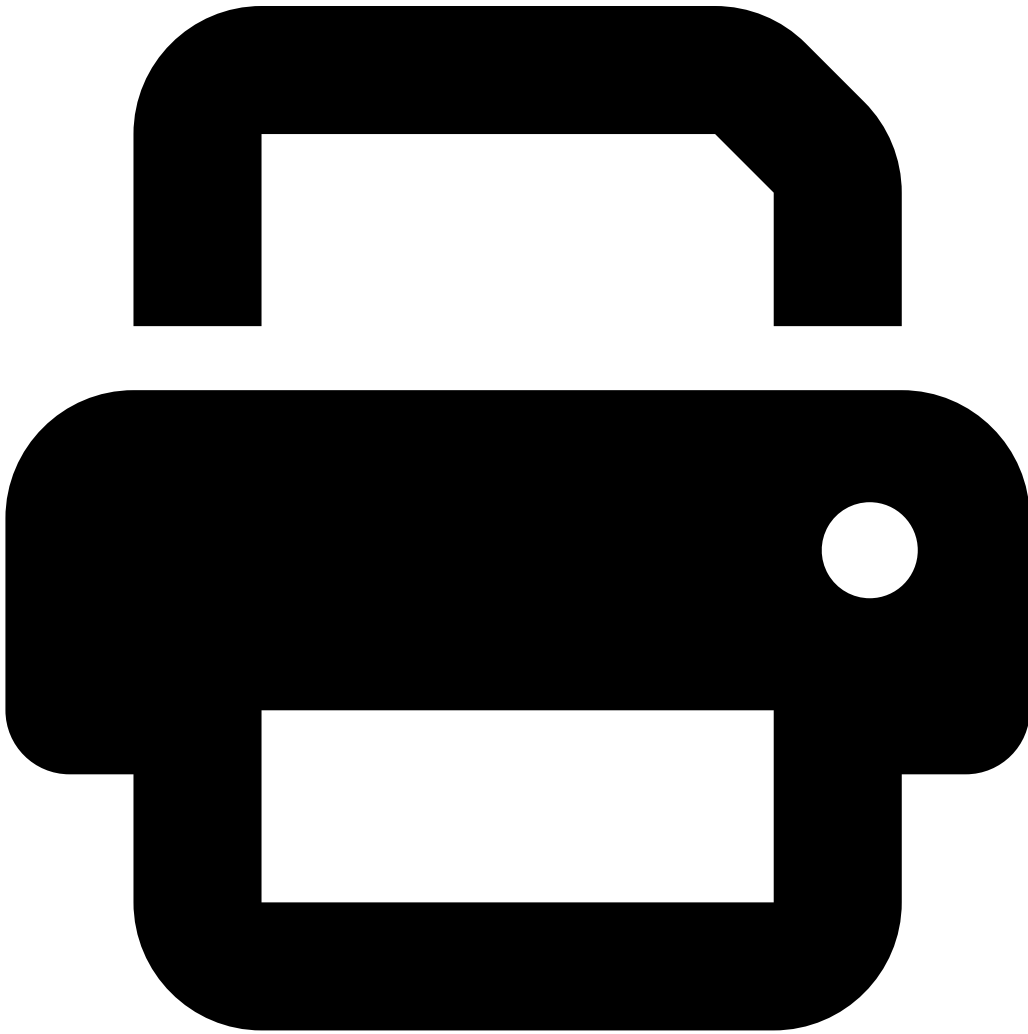
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This **Italian Lemon Cod** is a dish that brings me right back to my restaurant kitchen. It was one of those simple plates we made all the time—fresh, bright, and incredibly satisfying. Inspired by the same style used for classic lemon chicken in many Italian-American restaurants, tender cubes of **Pacific Cod** are lightly seared and finished in a silky lemon, garlic, and white wine sauce.

What made this dish so popular at the restaurant was its simplicity. With just a handful of ingredients and a quick cook time, the cod stays delicate and flaky while soaking up that vibrant lemon flavor. It's the kind of dish that tastes elegant but is actually very easy to make at home.

If you love light seafood dishes that come together quickly, this restaurant-style lemon cod is one you'll want to keep on repeat.

Things to now about this Italian lemon cod recipe

- **Use firm, fresh cod.** Cubes of **Pacific Cod** should look bright and smell clean like the ocean, not fishy. Fresh fish will hold its shape better when seared.
- **Pat the fish dry before cooking.** Removing excess moisture helps the cod develop a light golden sear instead of steaming in the pan.
- **Cook quickly over medium-high heat.** Cod is delicate and cooks fast. About 1–2 minutes per side is usually enough to keep it tender and flaky.
- **Use fresh lemon juice.** Fresh lemon gives the sauce its bright flavor and keeps the dish light and balanced.
- **Serve immediately.** This dish is best right out of the pan while the sauce is glossy and the fish is tender.

Storage

- **Refrigerate:** Store leftovers in an airtight container in the refrigerator for up to **2 days**.
- **Reheat gently:** Warm in a skillet over low heat with a splash of water, broth, or lemon juice to loosen the sauce. Avoid microwaving too long, as cod can become tough.
- **Freezing is not recommended.** Cooked cod tends to become watery and lose its delicate texture after freezing.
- Love simple seafood dishes like this **Italian Lemon Cod**? Be sure to explore more of my seafood recipes for easy,

Mediterranean-inspired meals you can make at home. From light pasta dishes to classic Italian fish preparations, there's plenty of inspiration for your next dinner.

☐ Browse more of my seafood recipes : Easy Italian lemon shrimp

or for a restaurant quality meal at a fraction of the cost try my easy broiled lobster tails for two

Italian Lemon Cod Bites



Tender cubes of **Pacific Cod** are lightly seared and finished in a bright lemon, garlic, and white wine sauce. This simple Italian-style lemon cod recipe is light, fresh, and ready in just 20 minutes.

- 2 Lbs. wild cod (cut into 2 inch cubes)
- salt (to taste)
- pepper (to taste)
- 1/2 cup flour (for dredging)
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 2 cloves garlic (finely minced)
- 1/3 cup lemon juice (juice from 1 lemon)
- 1/2 cup white wine
- 1/2 cup chicken stock
- 1/4 cup Italian parsley (chopped)

1. **Pat the cod dry** and season with salt and pepper.
2. **Lightly dredge** the cubes in flour and shake off excess.
3. Heat olive oil and 1 tbsp butter in a skillet over medium-high.
4. Add the cod cubes and **sear about 1-1½ minutes per side** until lightly golden. Remove and set aside.
5. In the same pan add garlic and cook 30 seconds.
6. Deglaze with **white wine and lemon juice**, scraping the pan.
7. Stir in remaining butter and return cod to the pan **just 30-60 seconds** to coat in the sauce
8. Finish with parsley.

Main Course

Italian

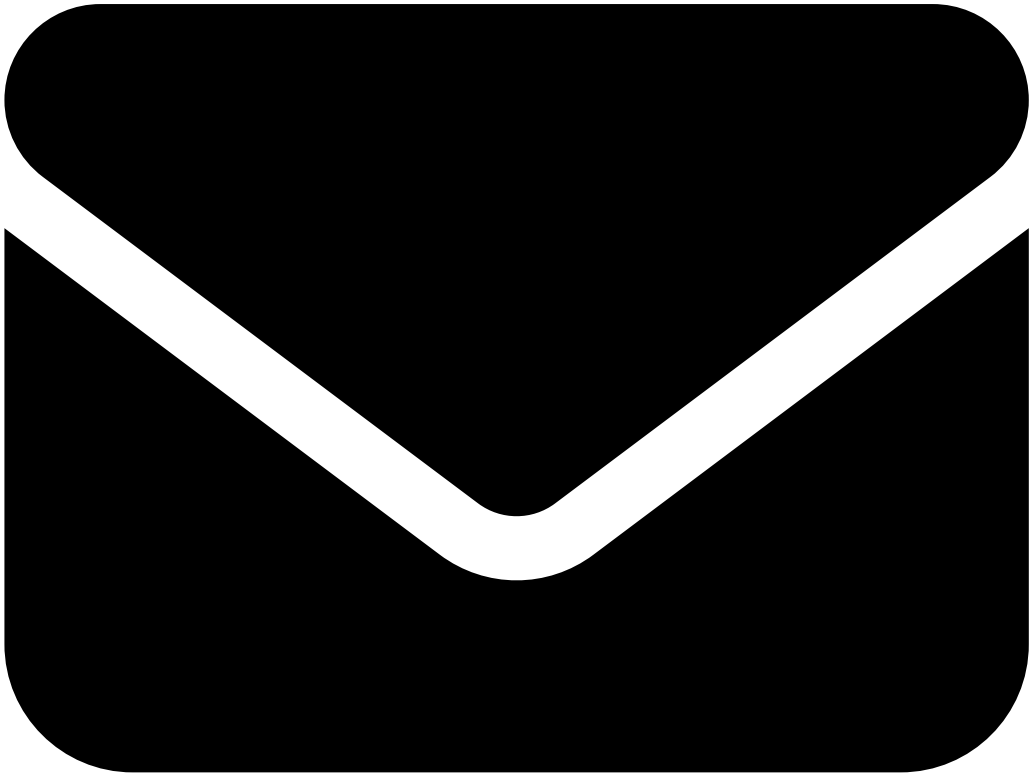
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Lemon Cod Piccata (Light Italian Seafood Dinner)

Easy 30 minute Lemon Cod Piccata

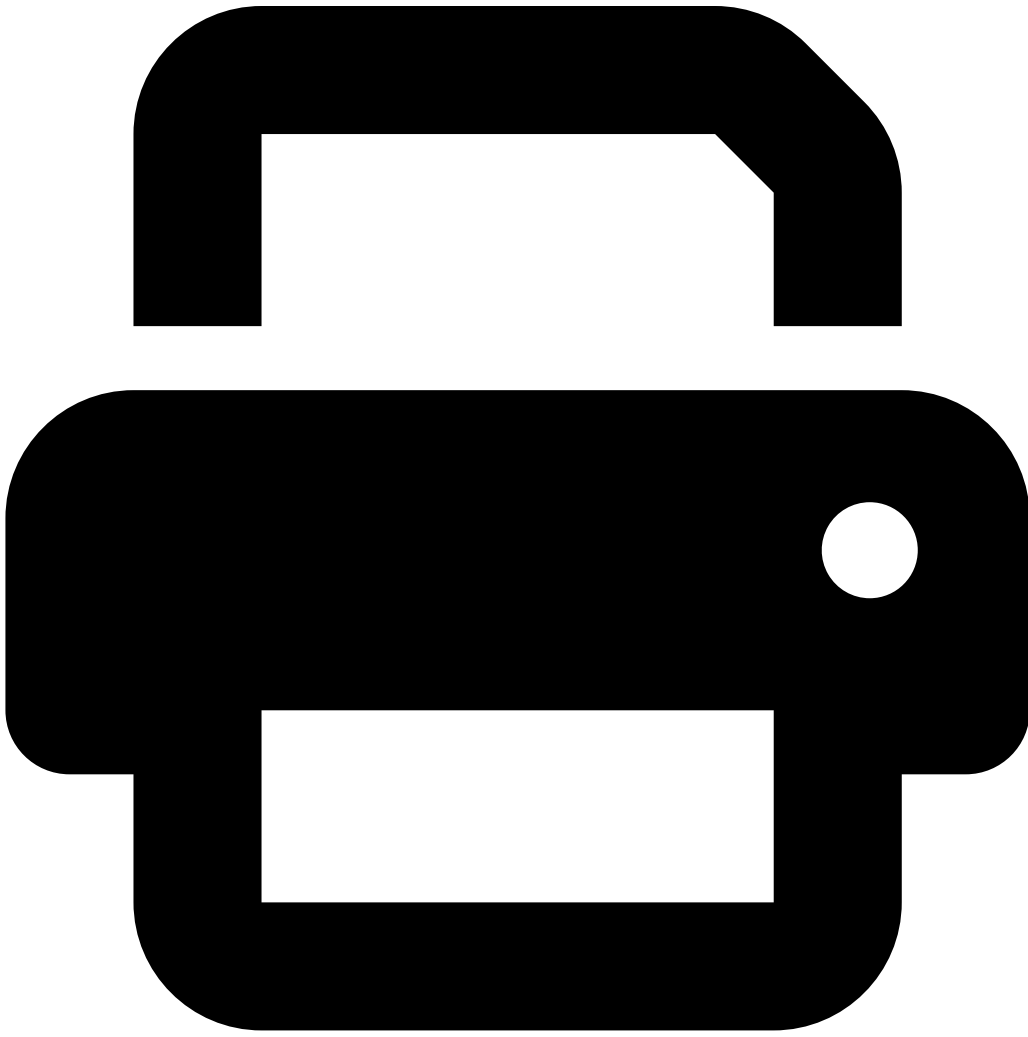
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If you love the bright, buttery flavors of **Italian piccata**, this **Lemon Cod Piccata** is a lighter seafood twist on the classic. Traditionally made with veal or chicken, piccata features a silky **lemon, butter, and caper sauce** that's both tangy and rich. When paired with delicate **pan-seared cod**, the result is a restaurant-quality dish that comes together in about **30 minutes**.

This recipe is perfect for weeknights when you want something elegant but easy. The cod is lightly dredged in flour and seared until golden, then finished in a **lemony white wine piccata sauce** packed with briny capers and fresh parsley. Serve it with **pasta, roasted potatoes, or crusty bread** to soak up every drop of the sauce.

It's simple, flavorful, and a great way to bring a classic **Italian seafood recipe** to your dinner table.

Things to know about this Lemon Cod Piccata (Light Italian Seafood Dinner)

Choose the right cod

Fresh cod works best for this recipe, but high-quality frozen cod (fully thawed and patted dry) also works well.

Don't skip drying the fish

Removing moisture helps the fish develop that beautiful **golden crust** when searing.

Use fresh lemon juice

Bottled lemon juice won't give the same bright flavor that makes piccata sauce so special.

Control the sauce thickness

If the sauce becomes too thick, add a splash of broth. If it's too thin, simmer it another minute or two.

Great side dishes

This cod piccata pairs beautifully with:

- Angel hair pasta
- Garlic mashed potatoes
- Sautéed spinach
- Roasted asparagus

If you loved this **Cod Lemon Piccata**, be sure to explore more classic Italian recipes on the blog. Try my **Chicken Parmesan, Tuscan Kale and Potatoes**, or Italian – style meatloaf with roasted potatoes for more comforting Italian flavors.

And if you make this recipe, leave a comment and rating below—I'd love to hear how it turned out for you!

Lemon Cod Piccata (Light Italian Seafood Dinner)



Light and flavorful **Cod Lemon Piccata** made with pan-seared cod, lemon, butter, capers, and white wine. A quick Italian seafood dinner ready in 30 minutes.

- 4 6 oz. cod fillet
- salt and pepper to taste
- 1/2 cup flour
- 3 Tbsp extra virgin olive oil
- 3 Tbsp. butter
- 2 Tbsp. finely minced shallots
- 1 cup dry white wine
- 1 cup chicken stock
- 1/3 cup lemon juice
- 1/2 cup capers
- 1/3 cup freshly chopped Italian parsley

1. **1. Prepare the cod**Pat the cod fillets dry with paper towels. Season both sides with salt and pepper, then lightly dredge them in flour. Shake off any excess flour.

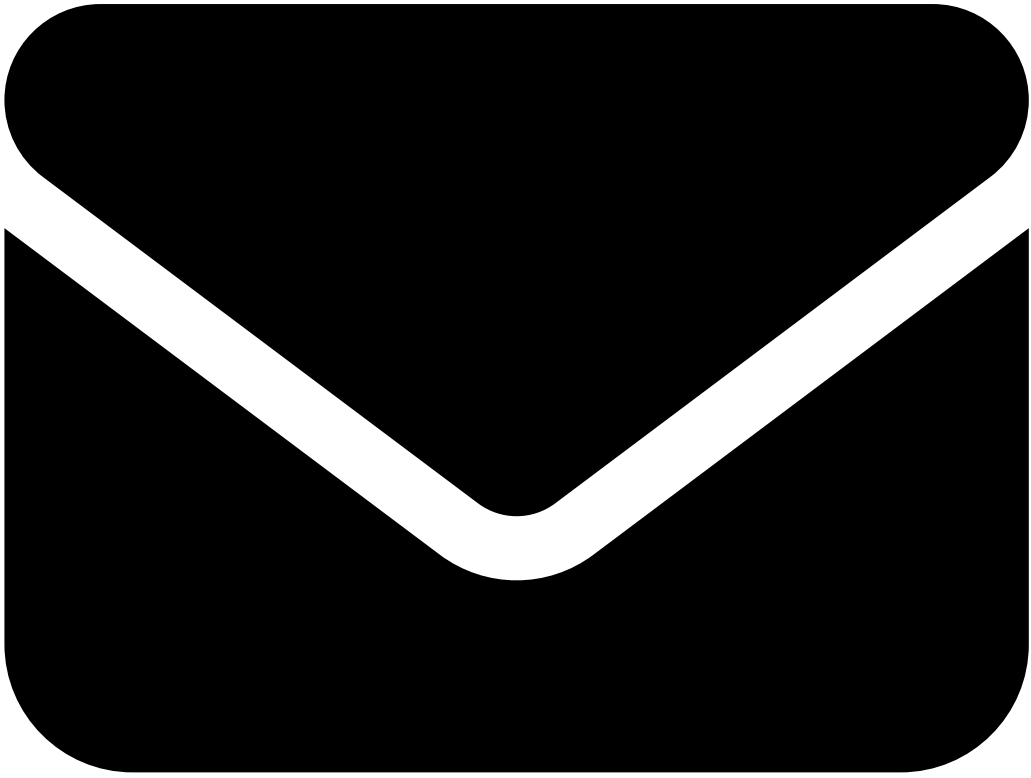
2. **2. Sear the fish** Heat olive oil and 1 tablespoon butter in a large skillet over medium-high heat. Add the cod fillets and cook for about **3–4 minutes per side** until golden and flaky. Remove from the pan and set aside.
3. **3. Build the piccata sauce** In the same skillet, melt another tablespoon of butter. Add the minced shallots and cook for about **30 seconds** until fragrant.
4. **4. Deglaze the pan** Pour in the white wine and scrape up the browned bits from the bottom of the pan. Let the wine simmer until reduced by about half.
5. **5. Add the lemon and capers** Stir in the chicken broth, fresh lemon juice, and capers. Let the sauce simmer for **3–4 minutes**.
6. **6. Finish the sauce** Whisk in the remaining tablespoon of butter to create a silky texture.
7. **7. Return the cod** Place the cod back in the skillet and spoon the sauce over the fillets. Let them warm in the sauce for **1–2 minutes**.
8. **8. Garnish and serve** Top with fresh parsley and lemon slices. Serve immediately with pasta, potatoes, or crusty bread.

Main Course
Italian

Italian Kale and Potatoes

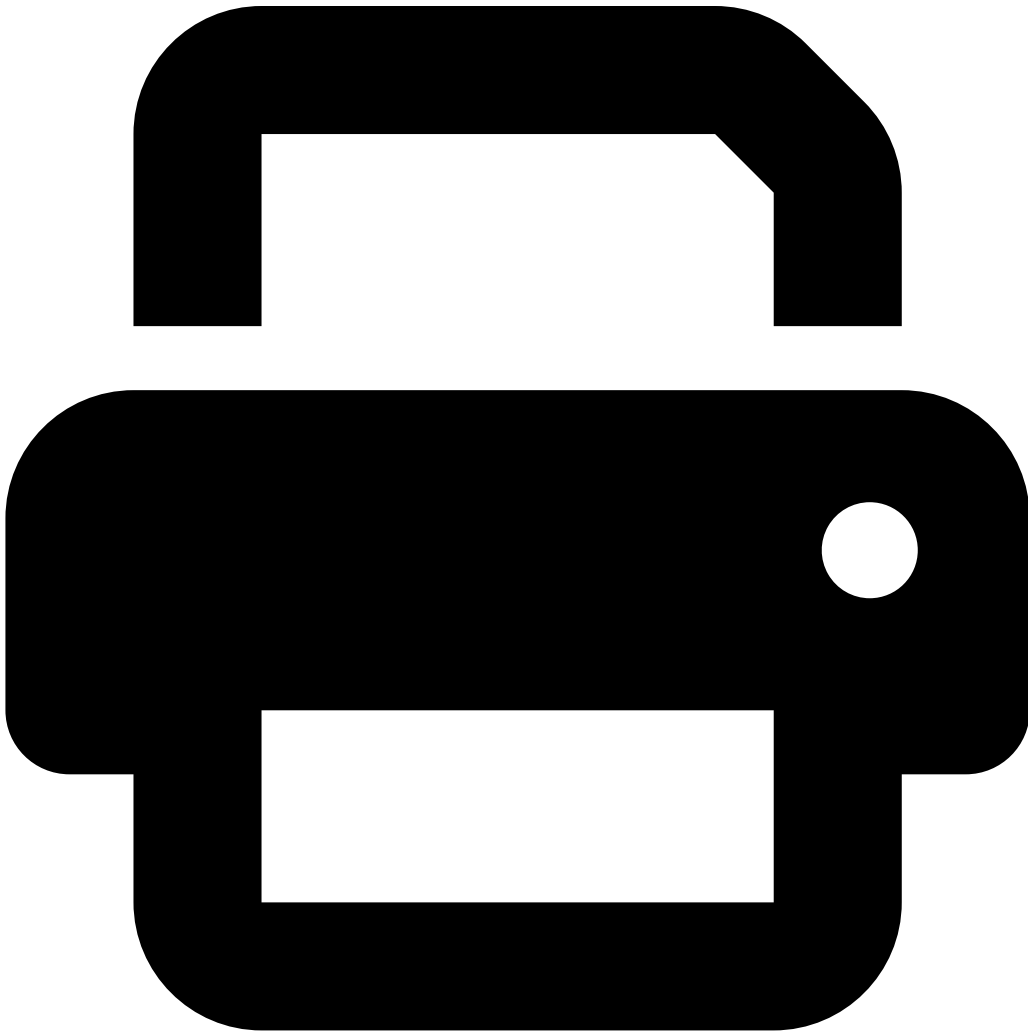
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Tuscan Kale and Potatoes is one of those dishes that reminds us how beautiful simple food can be. In Tuscany, cooking has always been about making the most of what's growing in the garden and what's in the pantry. Hearty greens like Tuscan kale – often called lacinato or dinosaur kale – have been a staple in the region for centuries, especially in rustic, peasant-style cooking known as *cucina povera*.

Potatoes, introduced to Italy in the 16th century, eventually became a beloved part of country cooking because they were filling, affordable, and easy to grow. Pair them with sturdy kale, good olive oil, and garlic, and you have the foundation of countless traditional Tuscan dishes – simple, nourishing, and deeply satisfying.

This version adds blistered cherry tomatoes for a little sweetness and brightness, but the heart of the dish stays true to its roots: humble ingredients treated with care. It's the

kind of food that feels like it belongs on a farmhouse table, served family-style with warm bread and good conversation.

Things to know about this Italian kale and potatoes

- **Don't skip parboiling** – it ensures the potatoes are creamy inside and golden when sautéed.
 - Tuscan kale (also called lacinato or dinosaur kale) holds its texture beautifully in this dish.
 - Want to make it heartier? Add white beans or top with a fried egg.
 - This dish reheats beautifully the next day.
-

Serving Ideas

This pairs beautifully with:

- Grilled chicken
- Italian sausage
- Pan-seared fish
- Or simply warm crusty bread and good olive oil

It's also delicious served at room temperature, making it perfect for gatherings.

Storage

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently in a skillet with a drizzle of olive oil.

Final Thoughts

This is the kind of rustic Italian cooking that proves you don't need complicated ingredients to create something deeply satisfying. Just good olive oil, fresh vegetables, and a little care.

If you make this Tuscan Kale and Potatoes, let me know in the comments – and don't forget to share it with someone who loves simple Italian cooking ☐

Bring Rustic Italian Cooking Home

If you loved this Tuscan Kale and Potatoes, you're going to enjoy some of my other simple, rustic Italian dishes that celebrate humble ingredients and big flavor.

For another cozy vegetable-forward dish, try my **Italian Spaghetti Frittata** – it's a beautiful way to transform simple ingredients into something special.

If you're looking to make this a complete meal, serve it alongside my **Italian Meatloaf with Potatoes** for a hearty Sunday-style dinner.

Or keep things classic with my **cod Francese**

And if you love traditional pasta shapes, don't miss my **Southern Italian Cavatelli** – perfect for pairing with greens and olive oil-based sauces.

Simple ingredients. Timeless recipes. Real Italian flavor.

If you make this dish, leave a comment below and let me know how you served it – I love seeing how these recipes come to life in your kitchen ☐

Italian Kale and Potatoes



Golden potatoes, tender Tuscan kale, and juicy blistered cherry tomatoes tossed with garlic and a little heat . Simple ingredients, big Italian flavor.

- 1 1/2 lbs. potatoes (cubed)
- 1 large bunch Tuscan kale
- 3 Tbsp extra virgin olive oil
- 1 cup cherry tomatoes
- 1 Tbsp. garlic (minced)
- 1 tsp. red pepper flakes

- 1 cup white wine
- salt and pepper to taste

1. **Parboil the Potatoes**

Bring a large pot of salted water to a boil. Add the cubed potatoes and cook for about 8–10 minutes, just until fork-tender but not falling apart. Add the kale and cook 5 minutes longer. Drain and set aside.

2. **Blister the Tomatoes**

In a large skillet over medium heat, add 1 tablespoon olive oil. Add the cherry tomatoes and cook undisturbed for 3–4 minutes until they begin to blister and burst.

3. **Sauté the Garlic and Kale**

In the same skillet, add the remaining olive oil. Add the sliced garlic and red pepper flakes, cooking for about 30 seconds until fragrant.

Add the chopped Tuscan kale and a pinch of salt. Sauté for 4–5 minutes until wilted and tender. Deglaze the pan with the white wine.

4. **Bring It Together**

Add the drained potatoes back to the skillet. Gently toss everything together and cook for another 3–5 minutes to allow the flavors to meld.

Fold in the blistered cherry tomatoes. Season with salt and black pepper to taste.

Finish with freshly grated Pecorino Romano if desired.

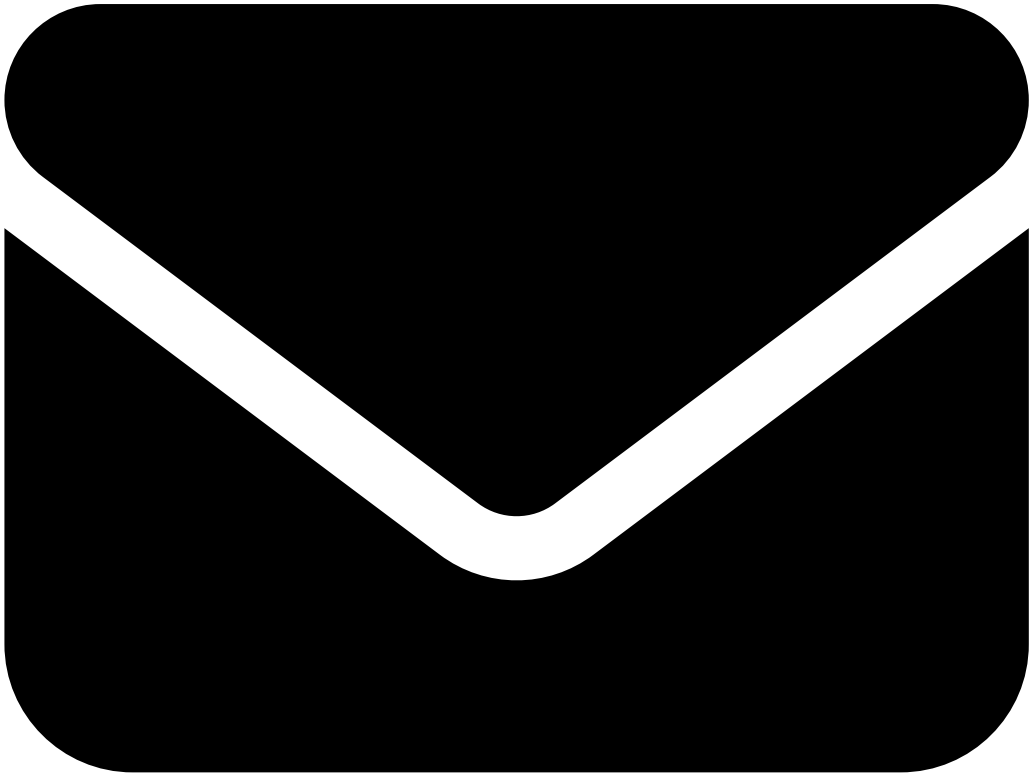
Main Course
Italian
Italian, Tuscan, Kale

Italian Meatloaf with Roasted Potatoes

Italian Meatloaf with Roasted Potatoes

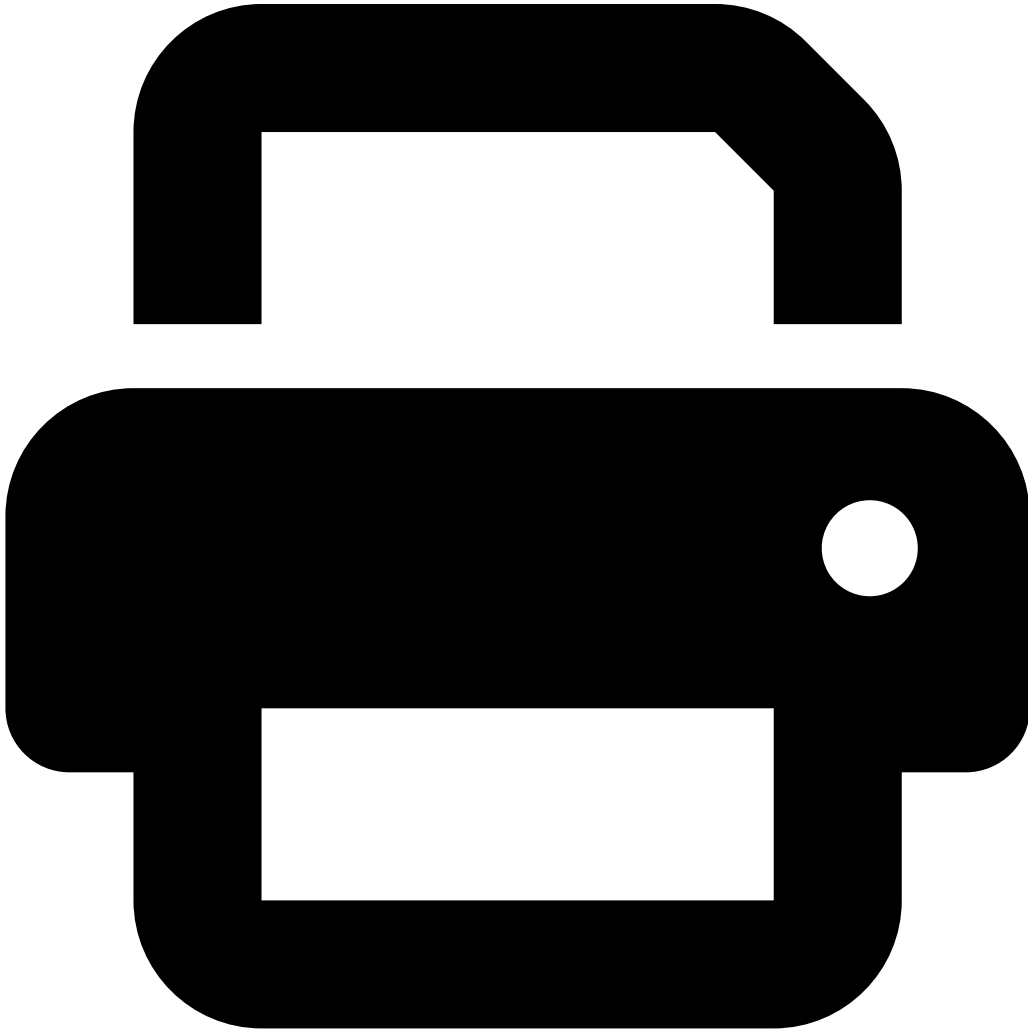
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Polpettone con Patate al Forno)

If you grew up in an Italian kitchen, you know that **meatloaf isn't just meatloaf** – it's *polpettone*. Tender, flavorful, and filled with herbs, cheese, and garlic, this Italian-style meatloaf is baked alongside golden roasted potatoes for the ultimate one-pan comfort meal. It's rustic. It's hearty. And it tastes even better the next day.

If you love this classic version, you have to try my **Stuffed Italian Meatloaf** – it's filled with melty cheese and takes polpettone to the next level. And if you're planning a full Sunday dinner, this pairs beautifully with my **Sautéed Swiss Chard** for that perfect balance of hearty and fresh.

Things to know about this Italian Meatloaf with Roasted Potatoes

Don't skip the milk. It keeps the polpettone tender and prevents it from drying out.

- **Use freshly grated Pecorino Romano.** Pre-grated cheese won't melt the same way and can affect texture.
- **Let it rest.** Give the meatloaf at least 10 minutes before slicing so the juices redistribute.
- **Cut potatoes evenly.** Uniform pieces ensure they roast at the same rate.
- **Internal temperature matters.** You're looking for 160°F in the center for perfectly cooked meat.
- **Flavor gets better the next day.** Leftovers make incredible sandwiches on crusty Italian bread.

Serving Suggestions

Serve with:

- A simple arugula salad
- Sautéed broccoli rabe
- Warm crusty Italian bread

And don't forget extra grated Pecorino on top.

Storage & Reheating

- Store in the refrigerator for up to 4 days
- Freeze slices individually for easy meals
- Reheat covered at 325°F or gently in a skillet
- This Italian meatloaf with potatoes is the kind of meal that brings everyone to the table. It's simple, deeply

flavorful, and feels like Sunday at Nonna's house – even if you're making it on a Wednesday.

If you make this Italian Meatloaf with Potatoes, I'd love to hear how it turned out for you ☐

Leave a comment below and let me know if you added your own twist – maybe extra cheese or a little prosciutto inside?

And if you're craving more classic comfort food, be sure to check out my other traditional Italian dinner recipes on the blog.

Save this recipe, share it with someone who loves a good Sunday supper, and let's keep cooking like Italians

Italian Meatloaf with Roasted Potatoes



Italian Meatloaf (Polpettone) with roasted potatoes is a hearty, one-pan dinner made with beef, pork, Pecorino, and herbs—perfect for Sunday supper.

- 1 1/2 lbs. ground beef ((80/20 for best flavor)
- 1/2 lb. ground pork
- 2 large eggs
- 1 cup plain breadcrumbs
- 1/2 cup freshly grated Pecorino Romano
- 1 Tbsp. minced garlic

- 1/3 cup fresh Italian parsley, chopped
- 1/2 cup whole milk
- 1 tsp. dried oregano
- 1 tsp. red pepper flakes
- salt and pepper to taste
- 2 lbs. Yukon Gold potatoes, peeled and cut into wedges
- 1 Tbsp minced garlic
- 1 Tbsp. Fresh rosemary (optional)

1. **Preheat Oven**

Preheat your oven to **375°F**.

2. **Prepare the Potato Base**

In a large bowl, toss the potatoes with olive oil, garlic, oregano, salt, and pepper. Spread them evenly in a large baking dish or sheet pan.

3. **Make the Meatloaf Mixture**

In a large mixing bowl, combine:

Ground beef

Ground pork

Eggs

Breadcrumbs

Pecorino Romano

Garlic

Parsley

Milk

Salt, pepper, oregano, and red pepper flakes

Mix gently with your hands just until combined. Do not overmix – that's the secret to tender meatloaf.

4. **Shape and Assemble**

Form the mixture into a loaf shape and place it directly in the center of the potatoes.

If using provolone, flatten the mixture slightly, layer cheese in the center, then seal and reshape.

Drizzle a little olive oil over the top.

5. **Bake**

Bake uncovered for **55–70 minutes**, or until the internal temperature reaches **160°F**.

About halfway through cooking, gently turn the potatoes so they brown evenly.

If the top needs more color, broil for 2–3 minutes at the end.

6. **Rest Before Slicing**

Let the meatloaf rest for **10–15 minutes** before slicing. This keeps it juicy and prevents crumbling.

Main Course

Italian

Italian, meatloaf

Traditional Southern Italian Cavatelli

Traditional Southern Italian Cavatelli

What Are Cavatelli?

Cavatelli are small shell-shaped pasta traditionally made with semolina flour and water. The name comes from the Italian word *cavato*, meaning “hollowed.”

Unlike northern egg pastas, Southern Italian pasta is typically made without eggs because semolina wheat was abundant and durable in warmer climates. That’s why this dough is simple – and perfect.

There’s something sacred about making pasta by hand. before mixers. before attachments. before shortcuts. it was just semolina flour, warm water, and your hands.

Cavatelli are one of the oldest and most beloved pastas from Southern Italy. They’re small, rustic, slightly chewy, and designed to catch sauce in that beautiful little hollow. In many Southern Italian homes, this wasn’t “fancy Sunday pasta.” This was everyday pasta – made on a wooden board, shaped with two fingers, and served with whatever was growing or simmering nearby. No eggs. No fuss. Just tradition.

And once you make them once, you’ll never be intimidated again.

Things to know about this Traditional Southern Italian Cavatelli recipe

Good to Know

- Fresh cavatelli freeze beautifully. Freeze on a tray first, then transfer to a bag. Cook from frozen – do not thaw.
 - This pasta is meant to be slightly chewy (al dente), not soft like egg noodles.
 - If your pasta feels too dense, your dough may have been too dry.
 - If it falls apart, it may have had too much water.
-

How to Serve Cavatelli

Cavatelli pair beautifully with:

- Broccoli or broccoli rabe
- Italian sausage
- Simple tomato sauce
- Garlic and olive oil
- Butter and sage

One of the most classic pairings is:

Cavatelli e Broccoli – a Southern Italian staple.

Now that you've mastered homemade cavatelli, it's time to put them to work.

Make a full Southern Italian classic with my **Cavatelli with Broccoli Rabe & Italian Sausage** (link to that post), or keep it simple with a rustic **cacio and pepe Pasta**

If you love traditional pasta recipes, don't miss my **Lasagna Bolognese** and Authentic fettuccine alfredo (no cream) for more authentic Italian cooking inspiration.

Cook it. Taste it. Make it your own.

And if you make this recipe, leave a comment and tell me how your cavatelli turned out – I read every one.





Traditional Southern Italian Cavatelli

Servings

This recipe makes:

- **4 generous servings as a main dish**
- **6 servings as a first course**
- **Approximately 1 pound of fresh pasta**

Ingredients

- 2 cups fine semolina flour (semola rimacinata preferred)
- $\frac{3}{4}$ –1 cup warm water
- Pinch of salt (optional)

That's it.

Instructions

1. How to Make Cavatelli Dough

1. Form the Dough

Place the semolina flour on a wooden board or in a large bowl. Make a well in the center.

Slowly add warm water while mixing with a fork or your fingers until a shaggy dough forms.

2. Knead

Knead for 8–10 minutes until smooth and firm.

The texture should feel like:

- Firm play-dough
- Smooth but not sticky
- Elastic but not soft

If too dry → add a few drops of water.

If sticky → dust lightly with semolina.

3. Rest

Cover with plastic wrap or a towel and let rest 20– 30 minutes.

Resting relaxes the gluten and makes shaping easier.

How to Shape Cavatelli

Cut off a portion of dough. Keep the rest covered.

Roll into a rope about $\frac{1}{2}$ -inch thick.

Cut into $\frac{1}{2}$ -inch pieces.

Using two fingers, press and drag the dough toward you to create the hollow center.

You can:

- Leave them smooth (very traditional)
- Use a gnocchi board for ridges

Lightly dust with semolina as you work.

How to Cook Fresh Cavatelli

Bring a large pot of heavily salted water to a boil.

Add pasta and cook:

- 4–6 minutes total
- They will float early, but continue cooking until tender

Always taste one before draining.

An easy, traditional way to serve **cavatelli** is simple, rustic, and full of flavor – just like it's done in Southern Italy. Here's a classic you'll love ☐

☐ **Cavatelli with Broccoli & Garlic** **(Cavatelli e Broccoli)**

Ingredients

- 1 lb cavatelli pasta
- 1 large head broccoli (cut into small florets)
- 3–4 cloves garlic, sliced
- $\frac{1}{4}$ – $\frac{1}{2}$ tsp red pepper flakes
- $\frac{1}{3}$ cup extra virgin olive oil
- Salt
- Freshly grated Pecorino Romano
- Optional: Italian sausage (sweet or hot)

• Instructions

1. Boil the pasta

Bring a large pot of salted water to a boil. Add the broccoli first and cook 3–4 minutes.

Add the cavatelli to the same pot and cook until al dente. Reserve $\frac{1}{2}$ cup pasta water before draining.

2. Sauté the garlic

In a large skillet, heat olive oil over medium-low. Add sliced garlic and red pepper flakes. Cook

until fragrant and lightly golden – don't burn it.

3. **Combine**

Add drained pasta and broccoli to the skillet. Toss well. Add a splash of reserved pasta water to help create a light sauce.

4. **Finish**

Taste for salt. Top with freshly grated Pecorino Romano and a drizzle of olive oil.

Authentic Fettuccine Alfredo (No Cream)

Authentic Fettuccine Alfredo (No Cream)

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)

Servings

4 servings

Time

Prep Time: 5 minutes

Cook Time: 12–15 minutes

Total Time: 20 minutes

Ingredients

- 1 pound (16 oz) fresh fettuccine (or high-quality dried fettuccine)
- 8 tablespoons (1 stick / 113g) unsalted butter, room temperature
- 1 $\frac{1}{2}$ cups (150g) freshly grated Parmigiano Reggiano
- 2 Teaspoon fine sea salt (for pasta water, plus more as needed)
- $\frac{1}{2}$ teaspoon freshly cracked black pepper (optional, traditional in Rome)

Instructions

Step 1: Boil the Pasta

1. Bring a large pot of water to a rolling boil.
2. Add salt – the water should taste like the sea.
3. Cook the fettuccine until **al dente** (usually 1–2 minutes less than package instructions if using dried).

□ Before draining, reserve **1 $\frac{1}{2}$ cups of pasta water**.

Step 2: Prepare the Butter Base

1. Place the room temperature butter in a large serving bowl or wide sauté pan.
2. Add a few tablespoons of hot pasta water to the butter.

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

Keep heat very low if using a pan – do not brown the butter.

Step 3: Add the Pasta

1. Transfer the hot pasta directly into the butter mixture.
 2. Toss gently to coat the noodles.
-

Step 4: Add the Cheese

1. Sprinkle in the freshly grated Parmigiano Reggiano gradually while tossing continuously.
2. 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.

Step 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.

Homemade Fettuccine (Authentic Italian Fresh Pasta)

Homemade Fettuccine (Authentic Italian Fresh Pasta)

There is nothing like fresh pasta made by hand.

Homemade fettuccine has a texture and flavor you simply cannot get from a box. When made with a blend of semolina and white flour, it has the perfect balance – tender, yet structured enough to hold sauce beautifully.

And while we're cutting this dough into fettuccine today, this recipe is not just for fettuccine. This is a foundational fresh pasta dough that can be used to make tagliatelle, pappardelle, linguine, lasagna sheets, ravioli, and more.

It's one dough – endless possibilities.

This is traditional Italian fresh pasta. No oil. No shortcuts. Just flour, eggs, and technique.

Once you make it yourself, you'll understand why Italians treat pasta as something sacred.

Things to know about Homemade Fettuccine (Authentic Italian Fresh Pasta)

- Fresh pasta cooks much faster than dried pasta – usually in 2–3 minutes. Stay close to the pot.
- The dough should feel firm but pliable. If it's too soft, it will stick in the pasta machine. If it's too dry, it will crack when rolled.
- Humidity affects flour. On humid days, you may need slightly more flour. On dry days, the dough may need a tiny bit of moisture.
- Always use freshly grated cheese in your sauces. Pre-shredded cheese won't melt properly with fresh pasta.
- Fresh pasta pairs best with lighter sauces like authentic Alfredo, butter and sage, or a simple pomodoro – it doesn't need heavy sauces to shine.
- If your pasta sticks after cutting, dust lightly with semolina and gently toss – don't pull it apart aggressively.

Why Use Semolina?

Semolina gives fresh pasta:

- Better structure
- Improved sauce grip
- Slight chew
- A more authentic Italian texture

It's especially perfect for dishes like authentic Fettuccine Alfredo.

Storage

Refrigerate: Up to 24 hours, lightly floured and covered.

Freeze: Form into nests and freeze up to 1 month. Cook directly from frozen.

Ready to Make Fresh Pasta at Home?

If you've never made homemade pasta before, let this be your sign. It's simple, rustic, and incredibly satisfying – and once you taste it, there's no going back to boxed.

If you make this recipe, I'd love to see it!

Tag me on Instagram and leave a comment below letting me know how it turned out.

And if you loved this recipe, you might also enjoy:

- My Sunday Sauce with Meatballs
- Italian Beef Stew
- Chicken Piccata

More authentic Italian recipes are coming – so be sure to bookmark this page and check back often. ☐☐

Buon appetito!





Homemade Fettuccine (Authentic Italian Fresh Pasta)

Servings

4 servings

Time

Prep Time: 30 minutes

Rest Time: 30 minutes

Cook Time: 2–3 minutes

Total Time: 1 hour

Ingredients

- 1 cup (140g) semolina flour
- 1 cup (120g) all-purpose flour or Italian “00” flour
- 3 large eggs, room temperature
- $\frac{1}{2}$ teaspoon fine sea salt

For dusting:

- Additional flour for dusting

Instructions

1. Step 1: Make the Dough

1. On a clean work surface, combine the semolina and white flour.
2. Form into a mound and create a well in the center.
3. Crack the eggs into the well.
4. Add the salt.

Using a fork, gently beat the eggs, slowly incorporating flour from the inside of the well.

When the mixture becomes thick, use your hands to bring it together into a shaggy dough.

Step 2: Knead

Knead the dough for 8–10 minutes.

Push it forward with the heel of your hand, fold it over, rotate, and repeat.

The dough should become smooth, firm, and elastic. Semolina makes it slightly firmer than all-white flour dough – this is normal.

If sticky, sprinkle lightly with flour.

If dry, dampen your hands slightly and continue kneading.

Step 3: Rest

Wrap the dough tightly in plastic wrap.

Let it rest at room temperature for 30 minutes.

This relaxes the gluten and makes rolling much easier.

Step 4: Roll the Pasta (Hand Pasta Machine Method)

Divide the dough into 4 equal pieces. Keep unused pieces wrapped.

1. Set your hand pasta machine to the widest setting (usually #0 or #1).
2. Flatten one piece of dough and feed it through while turning the handle steadily.
3. Fold the dough into thirds and pass it through the widest setting again. Repeat 2–3 times.
4. Now begin reducing the thickness:
 5. Pass once through each setting until you reach setting 5 or 6.

The sheet should be thin but not tearing.

6. Lightly dust with flour as needed to prevent sticking.

Step 5: Cut the Fettuccine

1. Attach the fettuccine cutter to your pasta machine.
2. Lightly dust the pasta sheet with semolina.
3. Feed it through the cutter attachment while turning the handle steadily.
4. Catch the noodles and gently separate them.

Lay them in small nests or on a lightly floured surface.

Let rest for 10–15 minutes before cooking.

Step 6: Cook

Bring a large pot of well-salted water to a rolling boil.

Add fresh fettuccine and cook for 2–3 minutes.

Fresh pasta cooks quickly – it should be tender but still slightly firm.

Reserve pasta water for your sauce.

The Ultimate Chicken Recipes Collection

The Ultimate Chicken Recipes Collection

12 Easy Italian-Inspired Chicken Dinners

Chicken is one of the most versatile proteins you can cook. It can be crispy, saucy, creamy, light, baked, grilled, or made in one pan. Whether you need a quick weeknight dinner or something special for Sunday, this collection has you covered.

Here are 12 of my favorite chicken recipes – all in one place.

Chicken Francese



Lightly floured chicken cutlets pan-fried until golden, then simmered in a delicate lemon butter white wine sauce. Bright, fresh, and perfect with pasta or roasted potatoes. [recipe here](#) Chicken Francese

Chicken Valdostana



Tender chicken layered with prosciutto and melted fontina. Elegant but simple – a beautiful dinner for guests or a cozy night in. Recipe [com/chicken-valdostana-chicken-with-prosciutto-and-fontina/](https://www.allrecipes.com/recipe/11252/chicken-valdostana-chicken-with-prosciutto-and-fontina/)

Chicken Parmesan



Crispy breaded chicken baked with marinara and mozzarella until bubbly and golden. A true Italian-American classic that never disappoints. Recipe here: <https://lorianasheacooks.com/30-minute-crispy-chicken-parmesan/>

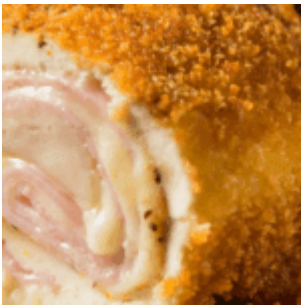
☐ Chicken Marsala



Golden chicken cutlets simmered with mushrooms in a silky Marsala wine sauce. Rich, savory, and perfect served over pasta. **Recipe** **Here:**

<https://lorianasheacooks.com/?s=chicken+marsala>

Chicken Milanese (Stuffed Version)



These Milanese-style stuffed chicken breasts are crispy on the outside and tender on the inside, filled with a savory combination of cheese and herbs. Breaded and baked (or lightly pan-fried), they have that classic golden crust with an extra flavorful center. It's a beautiful dish for entertaining but still simple enough for a weeknight dinner. **Recipe here:** <https://lorianasheacooks.com/milanese-style-stuffed-chicken-breasts/>

Stuffed Chicken Breasts with Mushroom Gravy



Tender chicken breasts stuffed with a savory filling, then topped with a rich, homemade mushroom gravy. This dish is hearty, comforting, and perfect for a Sunday dinner or when you want something cozy and satisfying.

The creamy mushroom sauce makes it feel special, but it's made with simple, everyday ingredients.

□ **Get the Stuffed Chicken Breasts with Mushroom Gravy recipe here**

<https://lorianasheacooks.com/stuffed-chicken-breasts-with-mushroom-gravy/>

Pollo al Limone (Italian Lemon Chicken)



This classic Italian-style lemon chicken is light, bright, and full of fresh flavor. Tender chicken is sautéed until golden, then finished in a simple lemon, white wine, and butter sauce that's silky but not heavy.

It's elegant enough for guests but easy enough for a weeknight dinner. Serve it with roasted vegetables, pasta, or crusty bread to soak up the sauce.

□ Get the Pollo al Limone recipe here <https://lorianasheacooks.com/pollo-al-limone-italian-lemon-chicken/>

Creamy Chicken Breast with Mushrooms



Juicy chicken breasts simmered in a rich, creamy mushroom sauce flavored with garlic and herbs. This is one of those easy skillet dinners that feels restaurant-worthy but comes together with simple ingredients.

It's perfect served over pasta, rice, or even mashed potatoes to soak up that creamy sauce.

□ Get the Creamy Chicken Breast with Mushrooms recipe here

Tuscan Chicken Under a Brick



This rustic Tuscan-style chicken is pressed under a brick while cooking, creating incredibly crispy skin and juicy, flavorful meat. Seasoned simply with olive oil, garlic, herbs, and lemon, it's a beautiful example of how traditional Italian

cooking turns simple ingredients into something extraordinary.

The brick method ensures even cooking and that signature crisp exterior while keeping the inside tender and moist.

☐ [Get the Tuscan Chicken Under a Brick recipe here](#)

Italian Roasted Lemon Chicken Dinner



This Italian roasted lemon chicken dinner is simple, comforting, and full of fresh flavor. The chicken is roasted with olive oil, garlic, herbs, and fresh lemon until golden and juicy, creating a beautiful pan sauce as it cooks.

It's the kind of meal that feels effortless but tastes like Sunday dinner – especially when served with roasted potatoes or seasonal vegetables.

☐ [Get the recipe here Italian Roasted Lemon Chicken Dinner recipe](#)

Easy Chicken Piccata



This easy chicken piccata features tender chicken cutlets lightly floured and simmered in a bright lemon, butter, and caper sauce. It's tangy, slightly briny, and incredibly flavorful while still being simple to make.

Ready in about 30 minutes, it's perfect for busy weeknights but elegant enough to serve to guests.

☐ [Get the Easy Chicken Piccata recipe here](#)

My Favorite Crispy Italian Chicken Cutlets



These crispy Italian chicken cutlets are thin, tender, and perfectly golden. Lightly breaded with seasoned breadcrumbs and pan-fried until crisp, they're simple, classic, and incredibly versatile.

Serve them on their own with a squeeze of lemon, alongside pasta, or use them as the base for other dishes like Chicken Parmesan. This is one of those go-to recipes every home cook should have.

☐ [Get My Favorite Crispy Italian Chicken Cutlets recipe here](#)

Things to know about this

Tips for Cooking Perfect Chicken

✓ Don't Overcook It

Chicken breast should reach 165°F. Use a thermometer – it makes all the difference.

✓ Let It Rest

Give it 5 minutes before slicing so the juices stay inside.

✓ Lightly Flour When Needed

Flouring chicken before pan-frying helps create that beautiful golden crust and naturally thickens sauces.

✓ Slice Against the Grain

This keeps your chicken tender instead of stringy

How to Store Cooked Chicken

- Store in an airtight container in the refrigerator for up to 4 days.
 - Freeze in cooked chicken for up to 3 months, in air tight freezer containers
 - Many of these recipes reheat beautifully, especially the saucy ones.
-

Frequently Asked Questions

What's the best way to cook chicken breast?

Pan-searing followed by a short simmer in sauce keeps it juicy and flavorful.

Can I substitute chicken thighs?

Yes. Thighs are more forgiving and stay moist longer.

How do I keep chicken from drying out?

Avoid overcooking and don't skip resting time.

Final Thoughts

Chicken doesn't have to be boring. With the right techniques and simple ingredients, it can be elegant, comforting, or quick and practical.

I hope this collection makes your meal planning easier and gives you new inspiration for dinner this week.

If you try one of these recipes, let me know which one is your favorite – I love hearing from you.



Italian White Beef Stew with Potatoes & Peas

Italian White Beef Stew with Potatoes & Peas

(Spezzatino di Manzo in Bianco)

There's something deeply comforting about a pot of beef stew slowly simmering on the stove. This Italian White Beef Stew—known as *Spezzatino di Manzo in Bianco*—is rustic, simple, and full of old-world flavor.

Unlike tomato-based stews, this version is made without tomatoes, creating a light, savory sauce that lets the beef, potatoes, and sweet peas shine. It's the kind of dish you'd find in a nonna's kitchen on a Sunday afternoon—served with crusty bread and good conversation.

Tender chunks of beef, silky potatoes, and bright green peas come together in a rich broth built from olive oil, aromatics, and slow cooking. It's humble, hearty, and exactly the kind of meal that warms you from the inside out.

Things to know about this Italian White Beef Stew with Potatoes & Peas

- **Cut of beef matters:** Chuck or stewing beef gives the most tender results.
 - **Flouring the meat:** Lightly coating the beef in flour thickens the sauce naturally.
 - **Vegetable timing:** Add peas at the very end to keep them bright and tender.
 - **Flavor boost:** Letting the stew rest 10–15 minutes off heat allows flavors to meld beautifully.
-

Storage & Reheating

- **Fridge:** Store in an airtight container for up to **3–4 days**.
- **Freezer:** Freeze in a freezer-safe container for up to **3 months**.
- **Reheating:** Gently reheat on the stovetop over low heat, adding a splash of broth if needed. The potatoes may absorb some liquid, so stir occasionally to keep it saucy.

If you loved this **Spezzatino di Manzo in Bianco**, check out more cozy Italian recipes on the blog:

- Classic Italian Polenta – perfect to serve alongside this stew.
- Rustic Italian Meatballs – another comforting favorite.
- Easy Italian Minestrone Soup – for a light starter or side.

Don't forget to **save this recipe** for your next Sunday dinner and share it with friends who love **Italian comfort food**.





Italian White Beef Stew with Potatoes & Peas

- **Prep Time:** 20 minutes
- **Cook Time:** 1 hour 30 minutes
- **Total Time:** About 1 hour 50 minutes
- **Servings:** 4-6

Ingredients

- 2 lbs beef chuck, cut into 1½-inch cubes
- 3 tablespoons olive oil
- 1 medium yellow onion, finely diced
- ½ cup diced celery
- ½ cup diced carrots
- 2 cloves garlic, minced
- ½ cup dry wine **or** additional broth
- 3 cups beef broth (more if needed)
- 1 bay leaf
- 1 teaspoon chopped fresh rosemary (or ½ tsp dried)
- 1½ lbs Yukon Gold potatoes, peeled and cut into chunks
- 1 cup frozen peas
- Salt and black pepper, to taste
- Fresh parsley, for garnish

Instructions

1. Lightly Flour & Brown the Beef

Pat the beef dry and season generously with salt and pepper. Lightly coat each piece with flour, shaking off any excess. Heat olive oil in a heavy Dutch oven over medium heat. Brown the beef gently on all sides, letting it caramelize slightly for deeper flavor.

2. Cook the Vegetables

Add the diced onion, celery, and carrots to the same pot. Cook until softened, about 5–7 minutes. Add garlic and cook another 30 seconds.

3. Deglaze & Simmer

Deglaze the pan with wine or a splash of broth, scraping up all the browned bits from the bottom. Add the rest of the broth, bay leaf, and rosemary. Make sure the liquid just covers the meat and vegetables.

Bring to a gentle simmer, cover, and cook on low for about 1 hour, stirring occasionally.

4. Add the Potatoes

Add the potatoes to the pot. Cover and continue simmering another 25–30 minutes, or until both the beef and potatoes are fork-tender.

5. Finish with Peas

Stir in the peas during the last 5–7 minutes of cooking. Adjust salt and pepper as needed. Remove the bay leaf and sprinkle with fresh parsley before serving