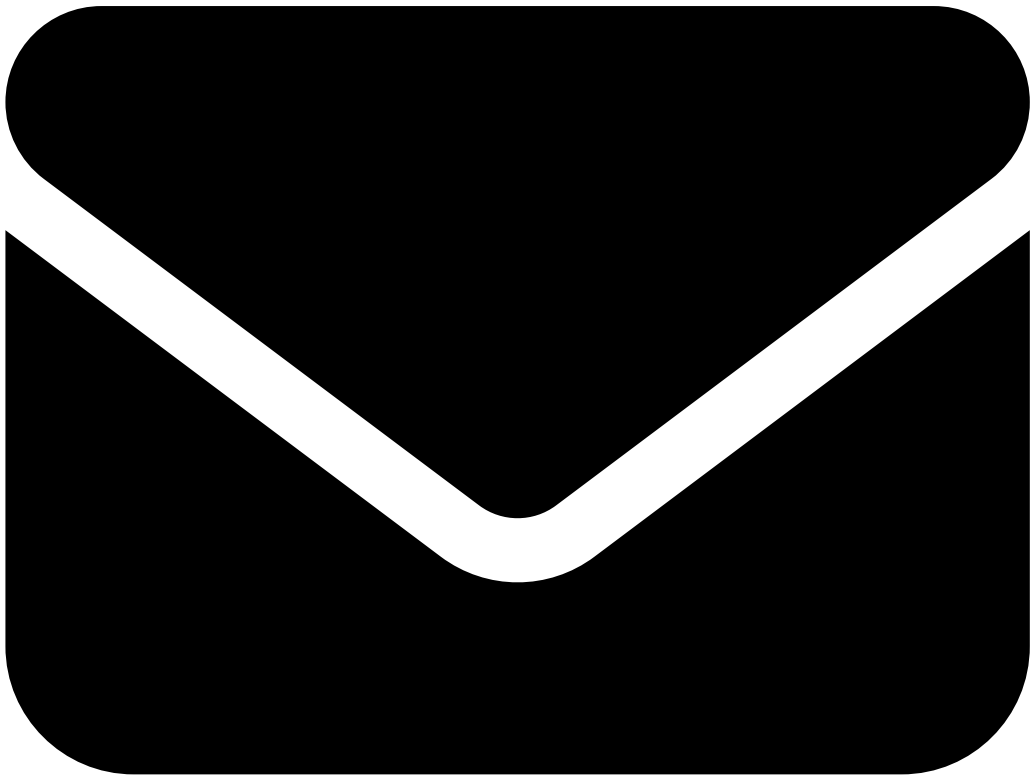


Anelletti al Forno: Authentic Sicilian Baked Pasta Recipe

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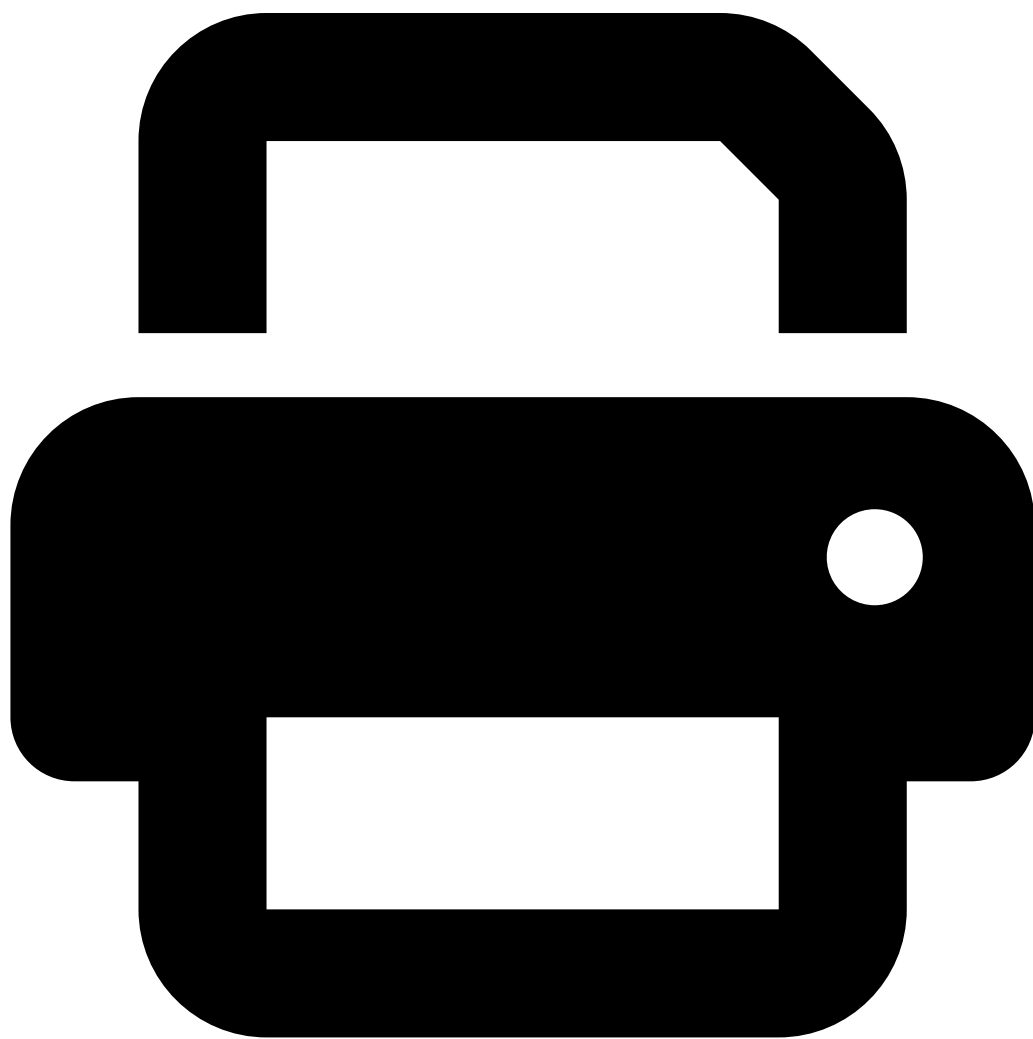
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If there's one dish that captures the heart of Sicilian home cooking, it's Anelletti al Forno. Made with tiny ring-shaped pasta, a rich ragù, sweet peas, and melty cheese, this baked pasta is as nostalgic as it is satisfying.

Unlike your typical baked ziti, this dish is layered and compact—almost like a pasta pie—meant to be sliced and served. It's the kind of recipe that shows up at holidays, Sunday dinners, and special occasions, bringing everyone to the table.

What makes it truly special is the balance of flavors and textures: tender pasta, savory meat sauce, pops of sweetness from peas, and that golden, breadcrumb topping. It's rustic, it's hearty, and it's pure Italian comfort.

Things to know about this Anelletti al Forno: Authentic Sicilian Baked Pasta Recipe

- **Undercook your pasta** slightly—this keeps it from getting mushy as it bakes.
- **Let it rest before slicing**—this is key for that signature “pasta cake” structure.
- **Breadcrumbs matter**—they give you that classic crisp Sicilian top layer.
- You can swap in **caciocavallo or pecorino** for a more traditional flavor.
- This dish is even better **the next day**, making it perfect for prepping ahead.

▪ Storage

- **Refrigerator:** 3–4 days in airtight container
- **Freezer:** 2–3 months; slice before freezing for easy portions. Reheat in oven at 350°F

For **Anelletti al forno**, the ideal pan is:

- **9×13-inch (23×33 cm) rectangular baking dish** – classic size, works well for layering and slicing.
- **Optional:** For a more “pasta cake” presentation, you can use a **round 9-inch (23 cm) springform pan**. This makes it easier to unmold and slice into wedges.
- Loved this Sicilian classic? You might also enjoy some of my other comforting Italian favorites:
 - My rich and simple **Sunday marinara sauce** (perfect base for this dish)
 - Creamy **crespelle parmigiano al brodo** for another baked classic
 - Or my bright **lemon asparagus pasta** for a lighter, spring-inspired option

□ Head to the blog for the full recipe and step-by-step instructions, and don't forget to save this one—it's a crowd-pleaser every time.

Anelletti al Forno: Authentic Sicilian Baked Pasta Recipe



A traditional Sicilian baked pasta made with anelletti, rich meat sauce, peas, and cheese—this Anelletti al Forno is the ultimate comforting, sliceable pasta dish perfect for gatherings.

- 1 Lbs. Anelletti (small ring pasta)
- 3 Tbsp Olive oil
- 1 cup onion (chopped)
- 1/2 Lb. Ground beef
- 1/2 Lb. Ground pork (or Italian sausage)
- 2 cups peas
- 2 cups sauce
- 2 Tbsp. Tomato paste
- 1 cup water
- 1/2 cup red wine

- 1 cup grated parmesan
- 2 cups Diced mozzarella
- 1 cup grated breadcrumbs

1. **Cook pasta** until just shy of al dente. Drain.
2. **Make sauce:** sauté onion in olive oil → add meat, brown → deglaze with wine → stir in tomato paste + marinara → simmer 30 minutes
3. Stir in peas, season to taste.
4. **Mix** pasta with sauce, grated cheese, and mozzarella.
5. **Assemble:**

Grease a **9×13-inch (23×33 cm) rectangular baking dish** *or* a **9-inch (23 cm) round springform pan** for a sliceable “pasta cake. Sprinkle a layer of breadcrumbs, add pasta mixture, top with more breadcrumbs + cheese.
6. **Bake** at 375°F for **50–60 minutes** until golden and bubbling.
7. **Rest** 10–15 min before slicing to hold shape.

9×13-inch (23×33 cm) rectangular baking dish

Main Course

Italian

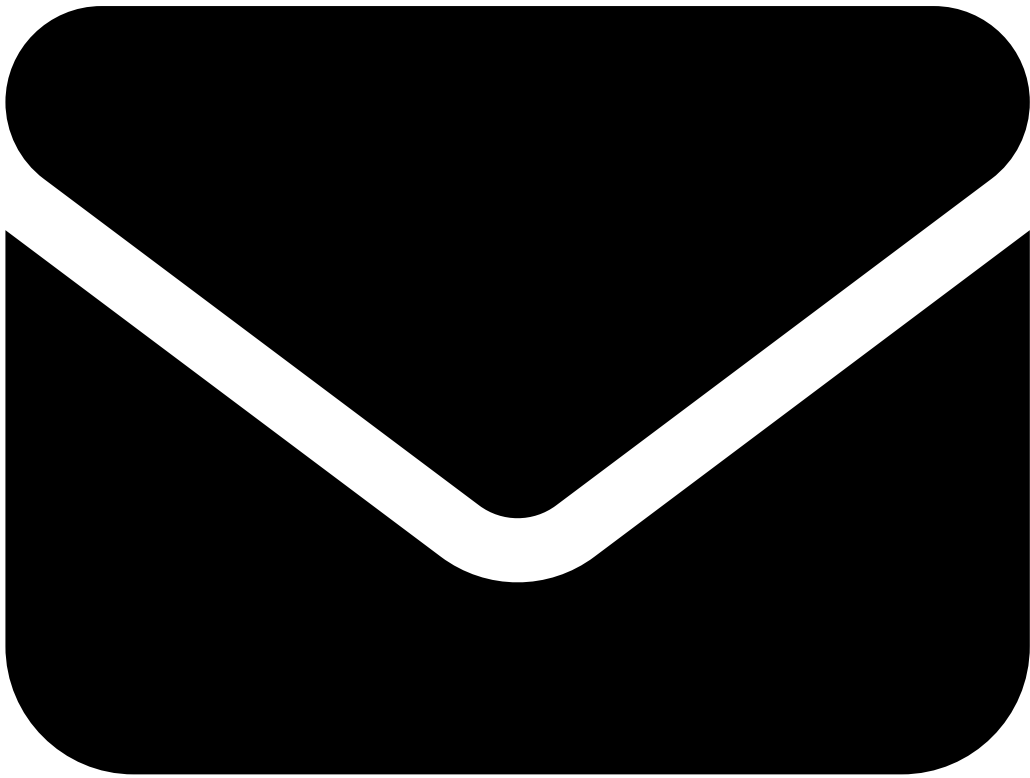
Anelletti, baked, Silician

Lemon Asparagus Ricciarelle Pasta

Lemon Asparagus Ricciarelle Pasta

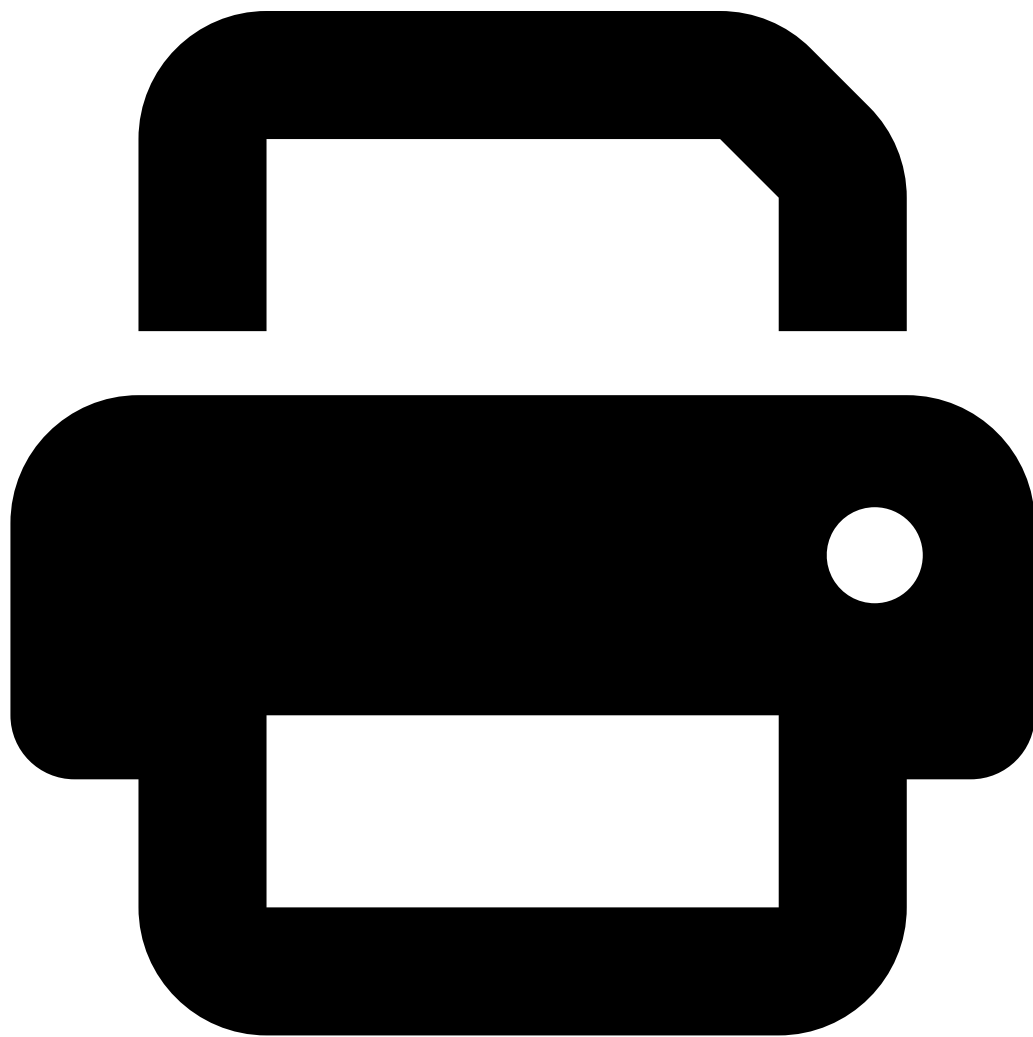
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Spring is all about fresh, vibrant flavors, and nothing says “springtime on a plate” quite like this **Lemon Asparagus Ricciarelle Pasta**. The curly, ribbon-like ricciarelle pasta holds onto every bit of the zesty lemon sauce, while the sautéed asparagus adds tender-crisp bites.

To elevate the dish, we puree **half of the asparagus** to create a silky sauce that clings to the pasta, giving each bite a luxurious texture without adding cream. It’s simple, bright, and elegant—perfect for a weeknight dinner or a light spring gathering.

Whether cooking for your family, hosting friends, or craving something fresh for yourself, this pasta is a seasonal star. Pair it with a crisp white wine or a simple green salad, and you’ve got a meal that feels indulgent yet effortless.

Things to know about this Lemon Asparagus Ricciarelle Pasta

- **Pureeing half the asparagus:** This creates a silky, smooth sauce that coats the pasta while still giving you tender asparagus bites.
- **Cream optional:** Pureeing the asparagus gives a creamy texture naturally; cream is only needed if you want it extra rich.
- **Leftovers:** Store in an airtight container in the fridge for up to 2 days. Reheat gently with a splash of olive oil or water.
- **Pasta variations:** While ricciarelle is ideal for holding the sauce, you can experiment with other short, ridged, or twisted pasta like cavatelli, fusilli, or campanelle. Each shape will change how the sauce clings and the overall bite of the dish.
- **Flavor variations:** Add a pinch of red pepper flakes for heat, or mix in toasted pine nuts for crunch.

Love this recipe? Explore more **spring-inspired pasta dishes** on the blog! Try my Asparagus, pancetta and lemon lasagna for another light and vibrant spring time meal, or check out my one pot creamy zucchini pasta for a delicious quick meal that uses few ingredients.

Sign up for my newsletter to get seasonal recipes, kitchen tips, and cooking inspiration delivered straight to your inbox!

Lemon Asparagus Ricciarelle Pasta



Light, fresh, and full of spring flavors! This **Lemon Asparagus Ricciarelle Pasta** features tender sautéed asparagus, bright lemon sauce, and Parmesan, perfect for an easy weeknight dinner or elegant spring meal.

- 12 Oz. Ricciarelle pasta (Use any shape pasta)
 - 1 Lb. Asparagus (trimmed and cut into 2-inch pieces)
 - 4 Tbsp. olive oil
 - 2 gloves garlic (minced)
 - 1 Tbsp. lemon rind
 - 1/3 cup lemon juice (from 1 lemon)
 - 1/2 cup **Parmesan cheese** (grated)
 - 1 cup pasta water (reserve before draining, always same more than recipe calls for)
 - 1/3 cup Italian parsley (chopped)
 - salt and pepper (to taste)
1. **Cook the pasta:** Bring a large pot of salted water to a boil. Cook the ricciarelle pasta according to package instructions. Drain, reserving 2 cups of pasta water.
 2. **Sauté the asparagus:** Heat olive oil in a large skillet over medium heat. Add asparagus and sauté for 4–5 minutes until tender-crisp. Add garlic during the last minute.
 3. **Puree half the asparagus:** Transfer half of the sautéed asparagus to a blender or food processor and puree until smooth. Return the puree to the skillet with the remaining whole asparagus.

4. **Make the sauce:** Lower the heat, then add lemon zest, lemon juice, and Parmesan to the skillet. Stir in the cooked pasta. If using cream, add now. Toss everything together, adding reserved pasta water a little at a time until the sauce reaches your desired consistency.
5. **Season and serve:** Taste and season with salt and pepper. Serve immediately, garnished with fresh parsley and extra Parmesan if desired.

Main Course

Italian

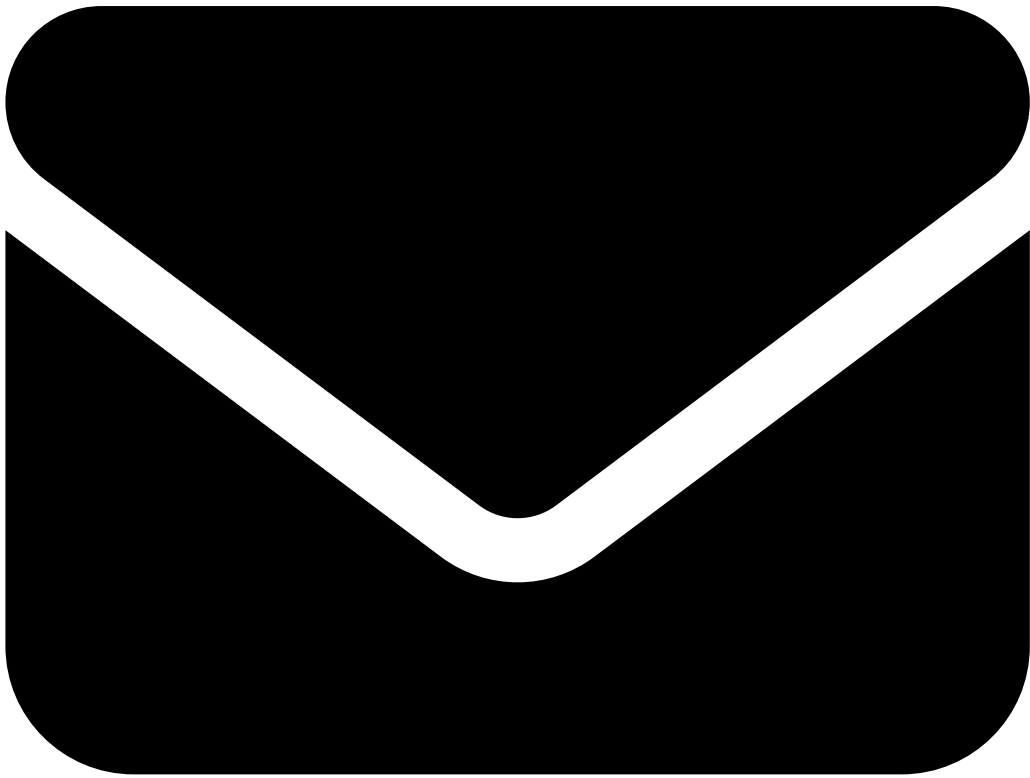
Asparagus Italian, pasta

Asparagus, Prosciutto & Lemon Béchamel Lasagna

Asparagus, Prosciutto & Lemon Béchamel Lasagna

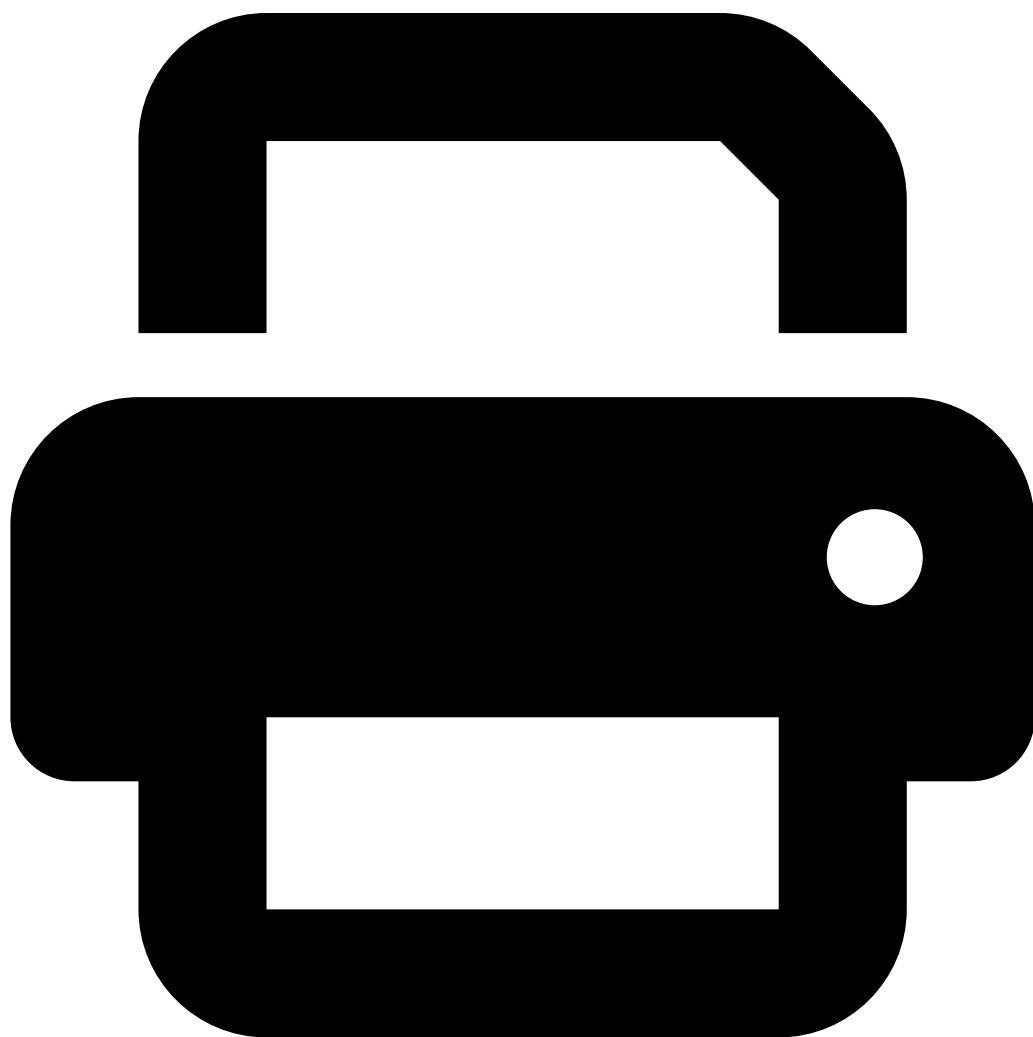
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There's something about spring that makes me want to put away the heavy red sauce and cook a little lighter—but not boring. This asparagus lasagna is exactly that. Layers of tender pasta, a silky lemon béchamel, and a ricotta filling that actually holds its shape when you slice into it.

I used store-bought lasagna noodles that needed to be boiled first, and honestly, it's worth the extra step. You get better texture, cleaner layers, and a more traditional feel than the no-boil kind.

It's the kind of dish that feels like it came out of a small kitchen somewhere in Northern Italy—simple, seasonal, and just indulgent enough. And yes, it's a showstopper, but it's also one of those recipes you'll realize is way easier than it looks.

Things to know about this Asparagus, Prosciutto & Lemon Béchamel Lasagna

- **Use the right noodles**

I used classic store-bought lasagna sheets that require boiling. Cook them just to al dente—they'll finish in the oven and give you the best texture. And the right size pan

- **Blanch your asparagus**

This keeps it bright green and prevents excess water from ruining your layers.

- **Dry everything well**

Moisture is the enemy of a clean slice.

- **Your béchamel matters**

It should be smooth and pourable—not thick like paste.

- **The ricotta mixture is key**

Adding egg + Parmigiano-Reggiano + parsley gives you structure and that bakery-style finish.

- **Don't over-layer**

Thin, even layers = better texture and cleaner cuts.

- **Let it rest**

15–20 minutes makes all the difference between messy and perfect.

- **If you love recipes like this that feel a little elevated but are still completely doable at home, you'll want to try my Italian Sunday Sauce with meatballs and my Italian Meatloaf with roasted potatoes—both are staples that instantly upgrade simple ingredients.**

Asparagus, Prosciutto, & Lemon Béchamel Lasagna



Creamy asparagus lasagna made with silky lemon béchamel, pancetta, and layers of tender pasta—no red sauce, just a rich, spring-inspired twist on classic comfort food.

- 4 Tbsp. butter (for the Béchamel sauce)
- 4 Tbsp. flour (for the Béchamel sauce)
- 3 cups milk (warmed for the Béchamel sauce)
- 1 Tbsp. lemon zest (for the Béchamel sauce)
- Salt and pepper (to taste)
- 9 lasagna Sheets (Store bought or homemade)
- 1 bunch asparagus (For the filling)
- 4 oz. prosciutto (For the filling)
- 2 cups ricotta (For the filling)
- 1 egg (For the filling)
- 1/2 cup Grated parmesan cheese (For the filling)
- 2 Tbsp. chopped Italian parsley (For the filling)

1. 1. Par boil the lasagna noodles . Let dry on tea towels
2. 2. **Prep the asparagus** Blanch in salted water for 2–3 minutes → transfer to ice water → drain very well and pat dry. Cut into 2-inch pieces.
3. 3. **Cook the prosciutto** Render in a pan until crispy. Remove and set aside.

4. 3. Make the béchamel

□ Should be silky and pourable—not thick and heavy

Melt butter, whisk in flour (1–2 minutes, no browning) Slowly whisk in warm milk. Simmer until smooth and coats the back of a spoon Stir in salt, pepper, and lemon zest.

5. 4. Make the ricotta layer In a bowl, mix:

Ricotta 1 egg Grated Parmigiano-Chopped parsley Pinch of salt + pepper

6. 5. Assemble

Layer in this order:

Thin layer of béchamel

Lasagna sheets

Béchamel

Ricotta mixture (spread lightly)

Asparagus + pancetta

Repeat layers 2–3 times.

Finish with Lasagna noodle béchamel + extra parmesan cheese

7. 6. Bake 375°F for 1 hour or until golden on top and bubbling at the edges

8. 7. Rest (don't skip) Let sit 15–20 minutes before slicing

□ This is the difference between:

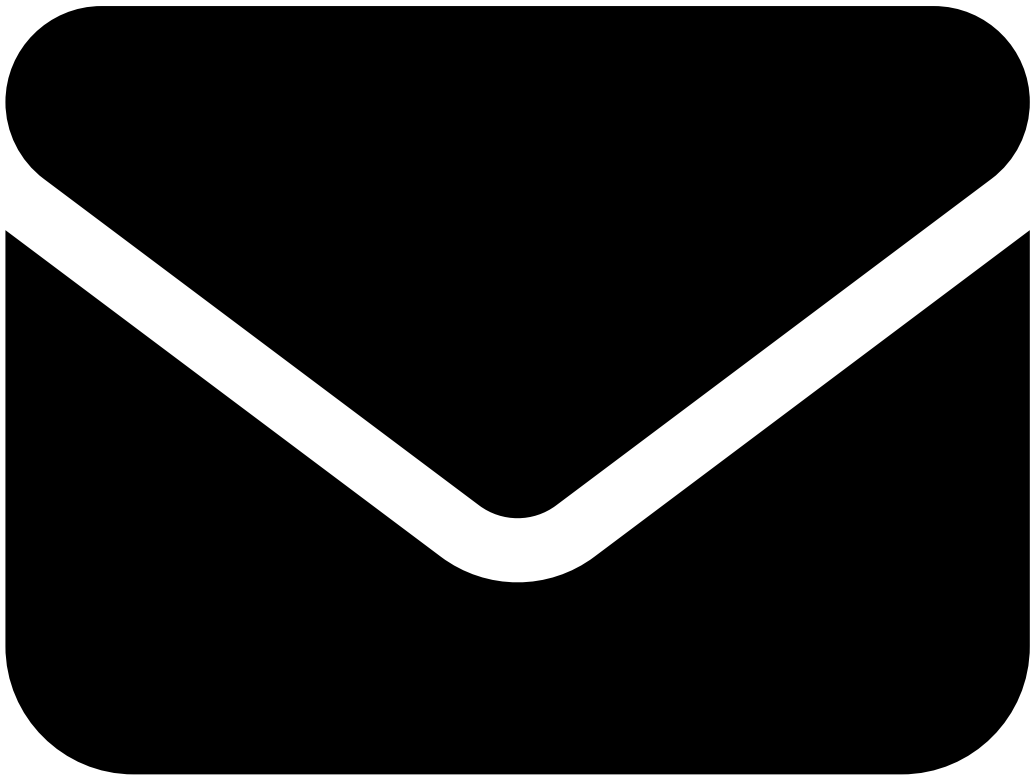
messy scoop to clean, *perfect* slices

Main Course
Italian
Italian asapargus, lasagna

One-Pot Creamy Zucchini Pasta (Pasta e Zucchini)

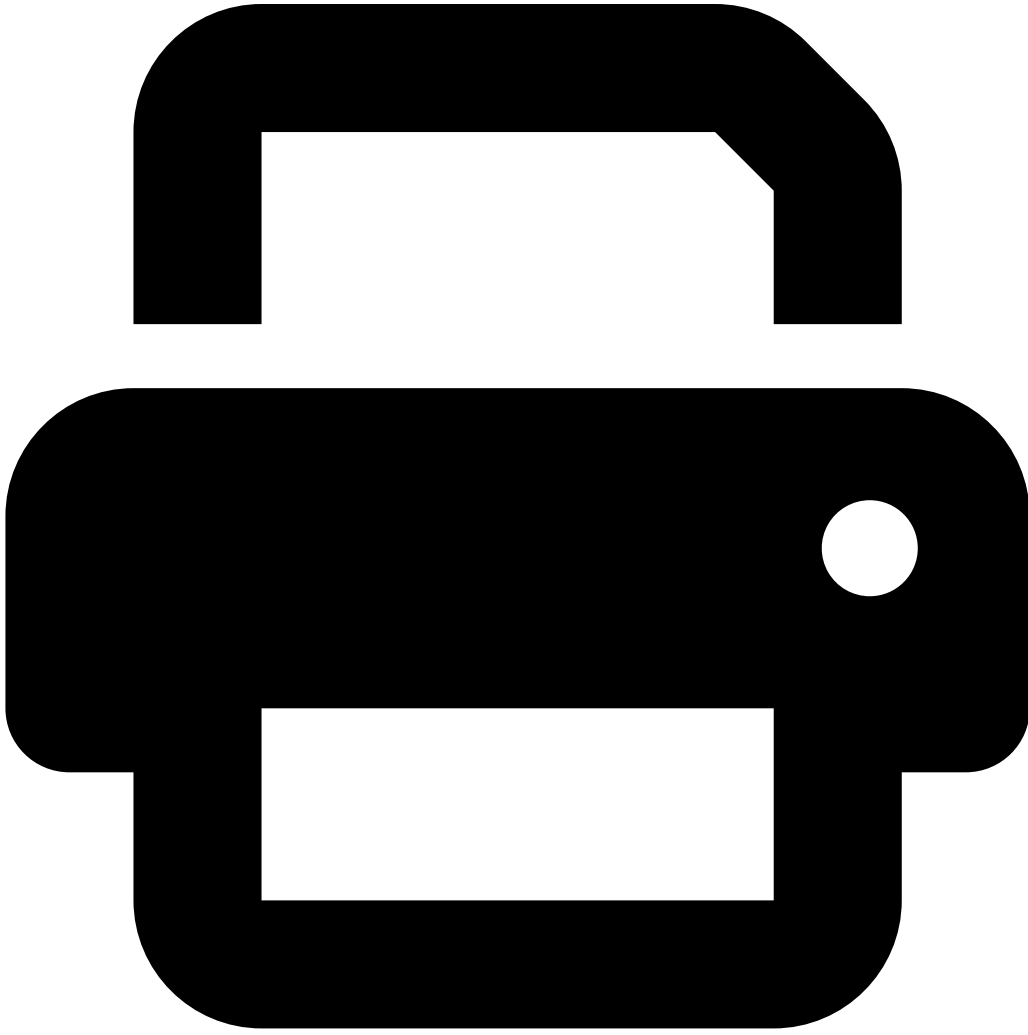
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This creamy zucchini pasta is made the same way many Italian home cooks prepare pasta with peas—everything cooks together in one pot.

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

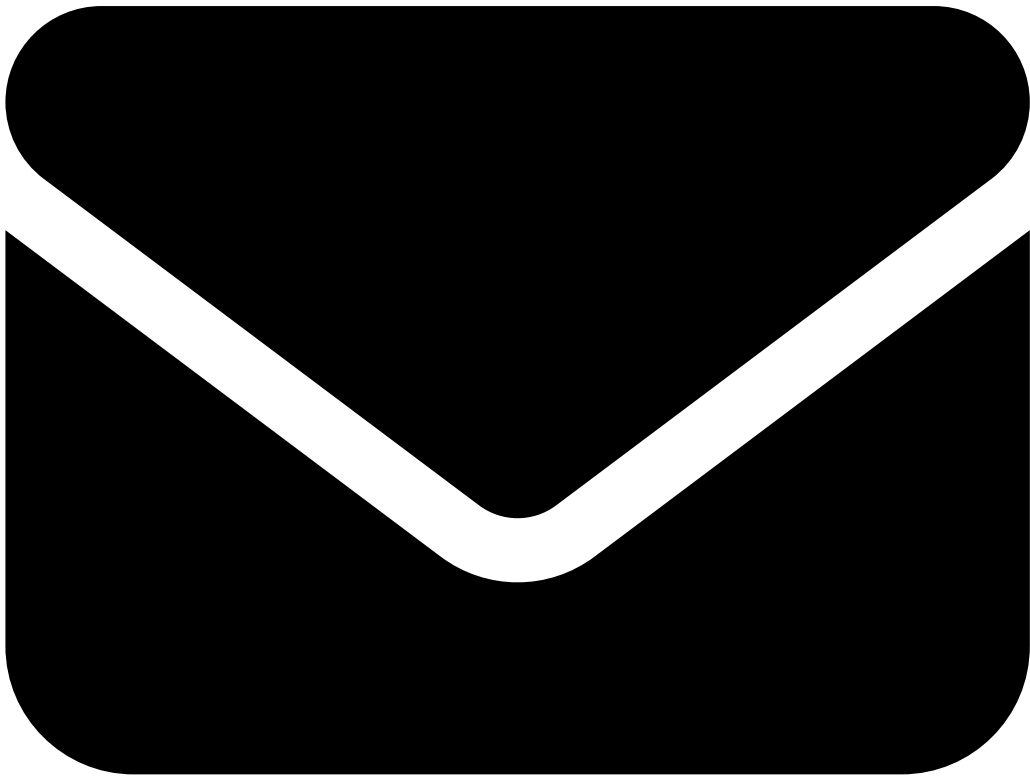
Traditional Southern Italian Cavatelli

Traditional Southern Italian Cavatelli

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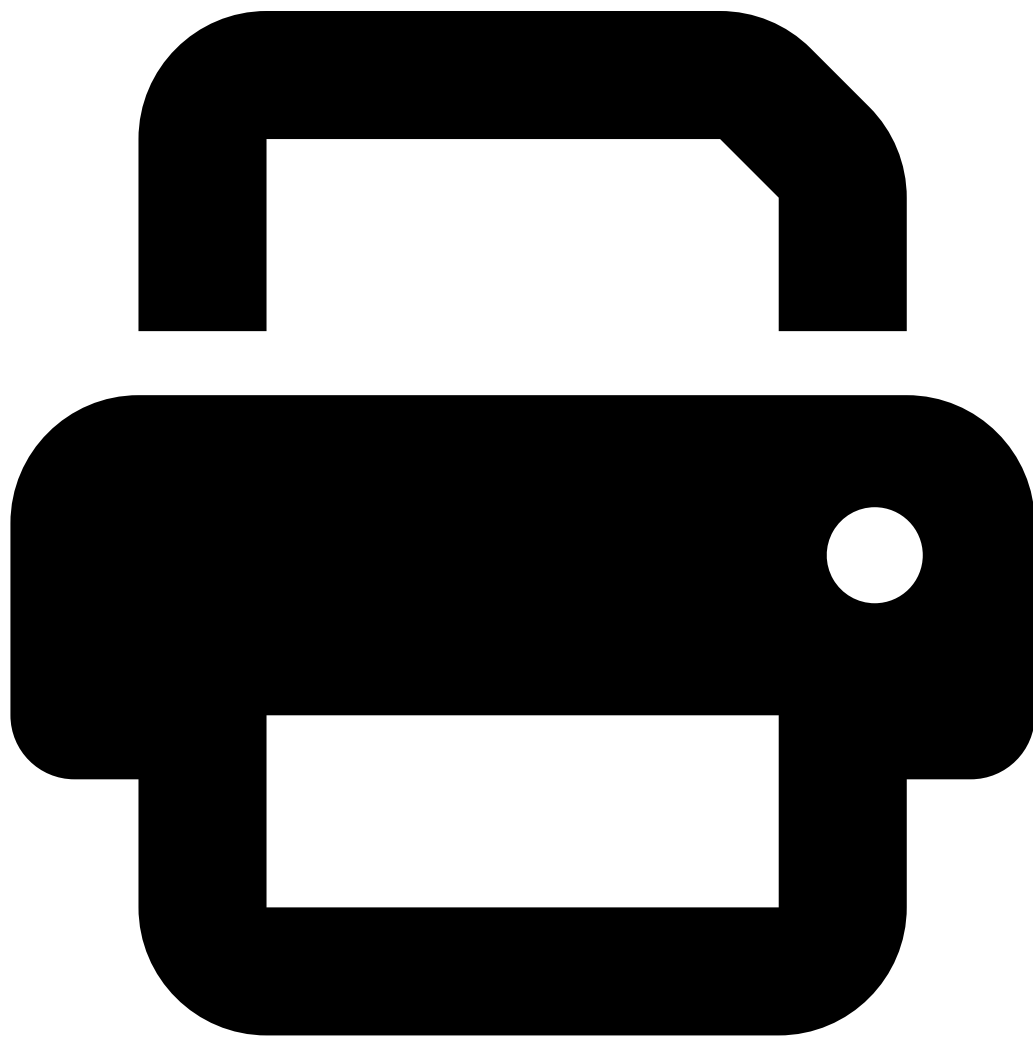
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What Are Cavatelli?

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



Cavatelli Dough

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

Cavatelli with Broccoli & Garlic (Cavatelli e Broccoli)

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

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

1. Cut off a portion of dough. Keep the rest covered.
2. Roll into a rope about $\frac{1}{2}$ -inch thick.
3. Cut into $\frac{1}{2}$ -inch pieces.
4. Using two fingers, press and drag the dough toward you to create the hollow center.
5. You can:

Leave them smooth (very traditional)

Use a gnocchi board for ridges

6. Lightly dust with semolina as you work.

How to Cook Fresh Cavatelli

1. Bring a large pot of heavily salted water to a boil.
2. Add pasta and cook:

4–6 minutes total

They will float early, but continue cooking until tender
3. Always taste one before draining.
4. 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)

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

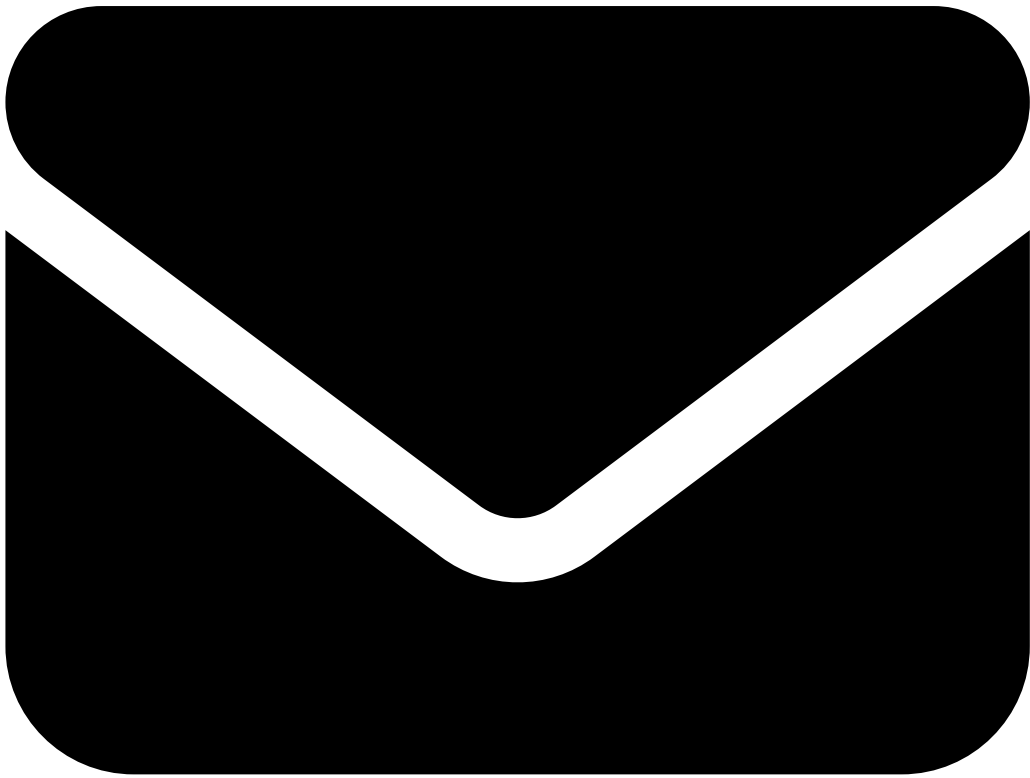
Taste for salt. Top with freshly grated Pecorino Romano and a drizzle of olive oil.

Authentic Fettuccine Alfredo (No Cream)

Authentic Fettuccine Alfredo (No Cream)

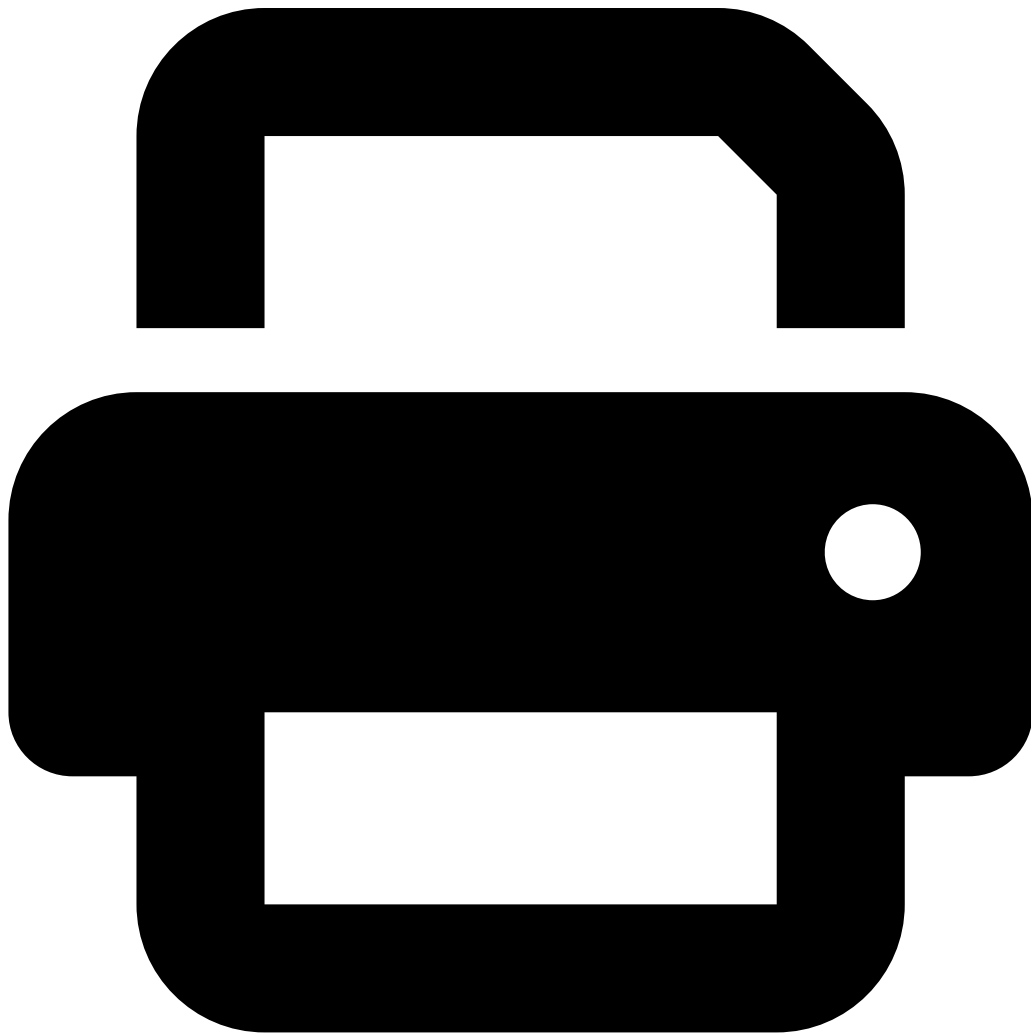
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If you grew up in America, you probably think Alfredo sauce means heavy cream, garlic, and maybe even chicken. But authentic **Fettuccine Alfredo** is something entirely different.

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 $\frac{1}{2}$ cups freshly grated Parmigiano Reggiano ((150g))
- 2 tsps fine sea salt ((for pasta water, plus more as needed))
- $\frac{1}{2}$ 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 **1 $\frac{1}{2}$ 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.

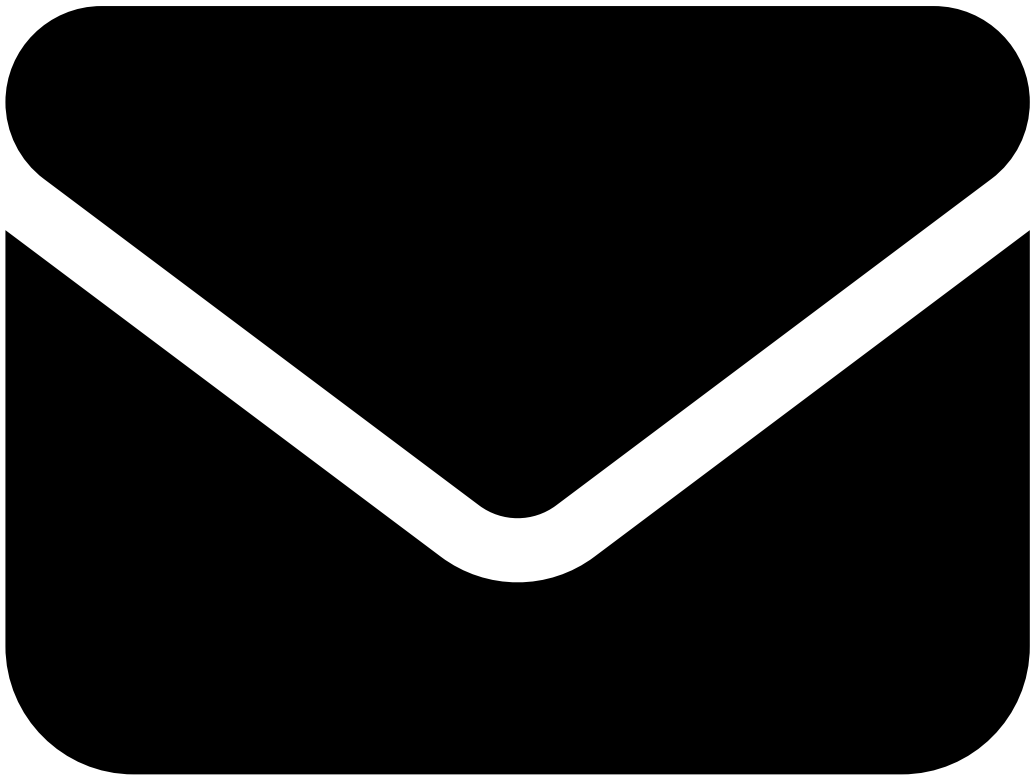
Authentic Alfredo waits for no one.

Homemade Fettuccine
(Authentic Italian Fresh
Pasta)

Homemade Fettuccine (Authentic Italian Fresh Pasta)

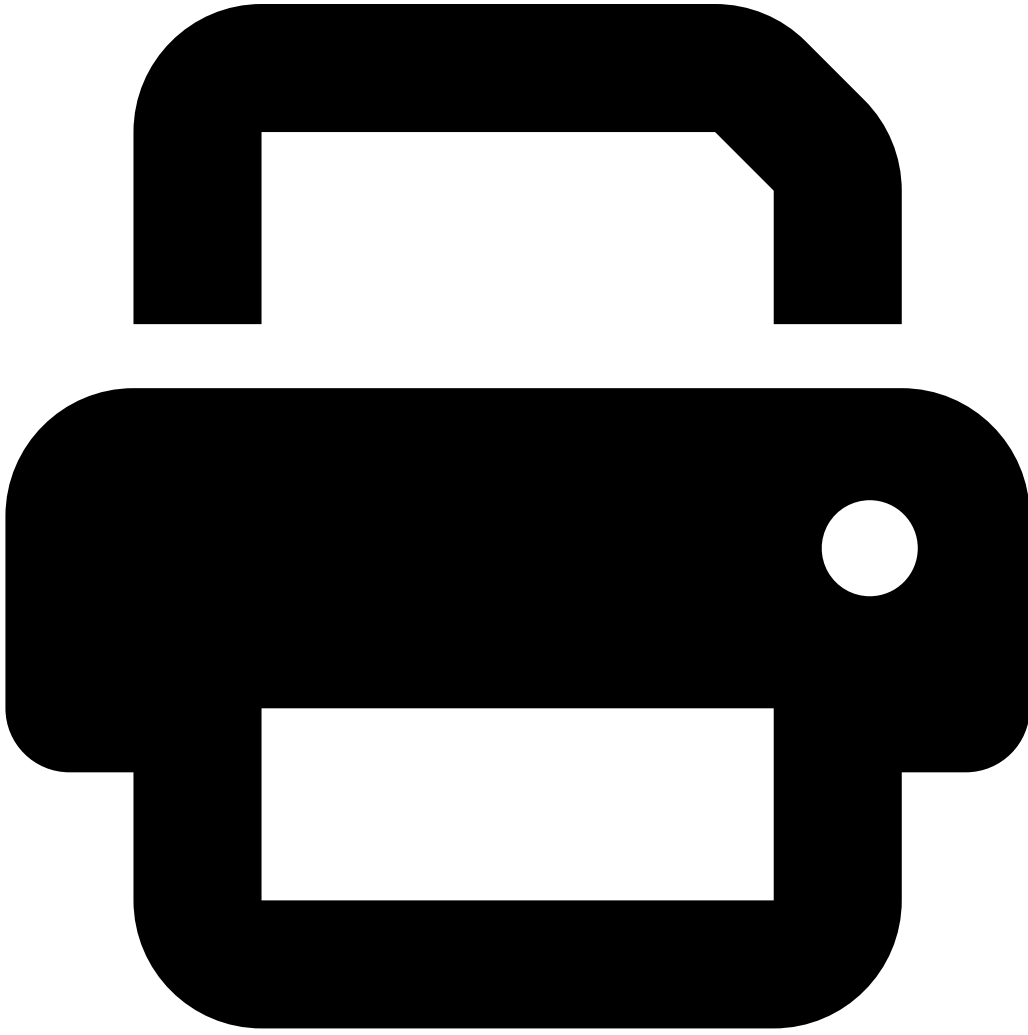
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There is nothing like fresh pasta made by hand.

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)



Main Ingredients

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

For Dusting:

- Additional flour for dusting

1. Make the Dough

- On a clean work surface, combine the semolina and white flour.
- Form into a mound and create a well in the center.
- Crack the eggs into the well.
- 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.

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.

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.

4. **Roll the Pasta (Hand Pasta Machine Method)**

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

- Set your hand pasta machine to the widest setting (usually #0 or #1).
- Flatten one piece of dough and feed it through while turning the handle steadily.
- Fold the dough into thirds and pass it through the widest setting again. Repeat 2–3 times.
- Now begin reducing the thickness:
- Pass once through each setting until you reach setting 5 or 6. The sheet should be thin but not tearing.
- Lightly dust with flour as needed to prevent sticking.

5. **Cut the Fettuccine**

- Attach the fettuccine cutter to your pasta machine.
- Lightly dust the pasta sheet with semolina.
- Feed it through the cutter attachment while turning the handle steadily.

- 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.

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.

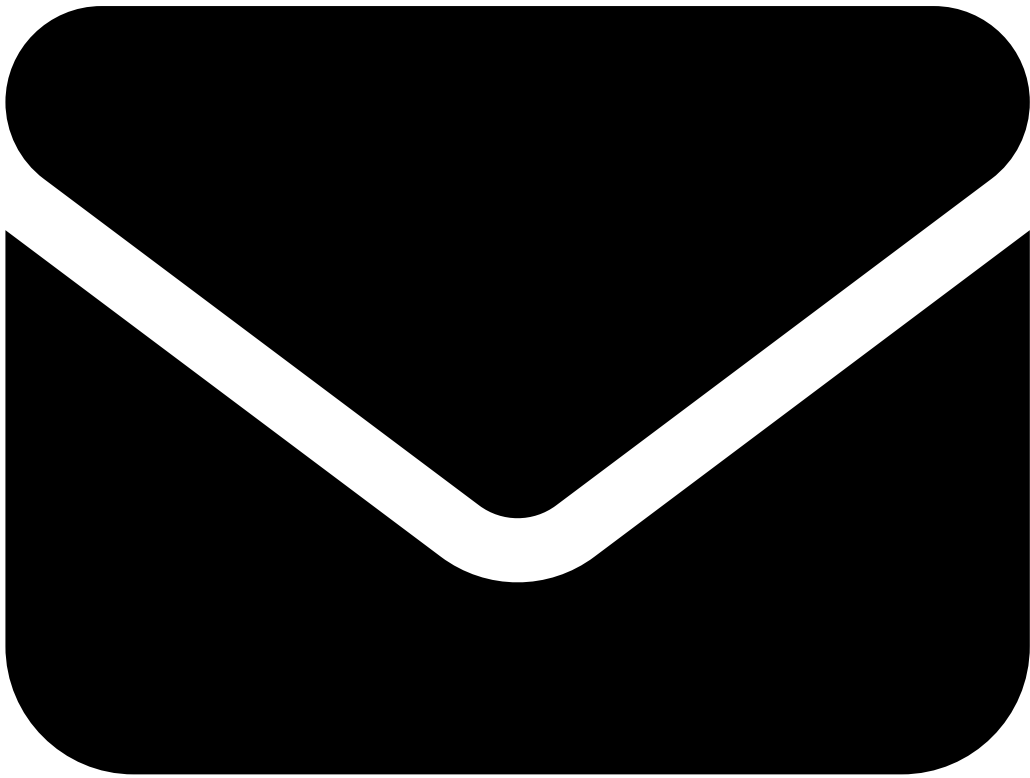
Reserve pasta water for your sauce.

Italian Crespelle with Parmigiano in Beef Broth

Italian Crespelle with Parmigiano in Beef Broth

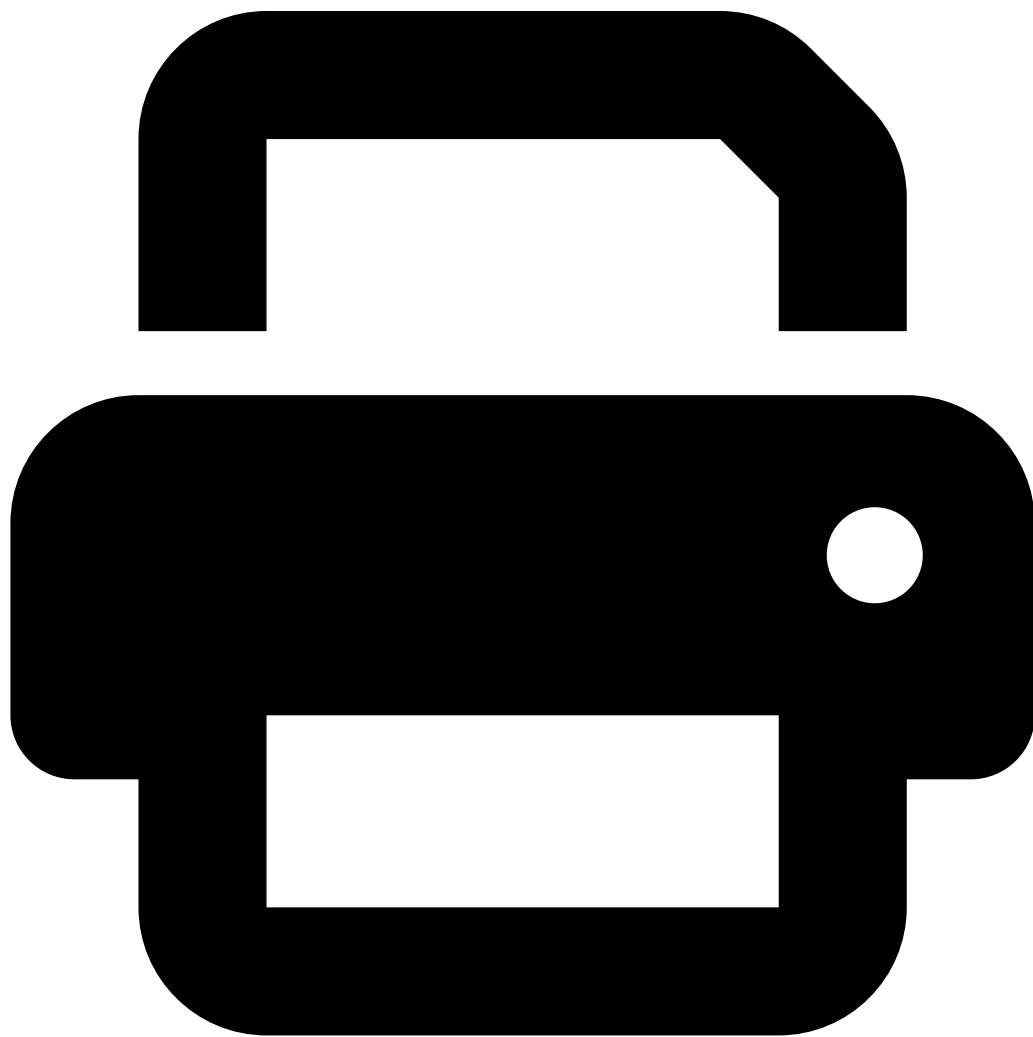
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This is a traditional primo piatto made with paper-thin crespelle, a light filling of Parmigiano Reggiano, and very hot broth. When done right, it tastes comforting and simple, never heavy.

In older homes, especially in Emilia-Romagna and central Italy, crespelle were treated like fresh pasta sheets. The batter was lean. The filling was minimal. All the richness came from the broth.

For this version, I use homemade beef bone broth made with neck bones and beef shank. It gives the dish body, clarity, and natural gelatin without needing butter or cream.

What Are Crespelle?

Crespelle are Italian crêpes, but they are not sweet. They are thinner and more delicate than breakfast crêpes and are used the same way Italians use fresh pasta.

When served in brodo, crespelle are filled lightly with Parmigiano and placed in a bowl. Hot broth is poured over just before serving so the cheese melts gently.

Things to know when making Italian Crespelle with Parmigiano in Beef Broth

- Crespelle are unsweetened and very thin.
- Butter is not traditional for crespelle served in broth.
- Parmigiano should be used sparingly so the broth stays clear.
- This dish is served as a first course, not a main soup.
- The quality of the broth matters more than anything else.

Tips for Success

- Use finely grated Parmigiano so it melts quickly.
- Do not overfill the crespelle.
- Warm your bowls before serving.
- Add salt to the broth only at the end.

A Dish Built on Broth

Crespelle al Parmigiano in brodo is a reminder that Italian cooking values simplicity over excess. When the broth is good, everything else falls into place.

Serve it hot, eat it slowly, and let the dish be what it is.

Make the Broth First

This dish depends entirely on good broth. If you don't already have some on hand, start there.

□ [Homemade Beef Bone Broth with Neck Bones and Beef Shank] – a slow-simmered, clear broth that gives this dish its depth, body, and natural richness.

Once the broth is ready, these crespelle come together quickly and simply.

Italian Crespelle with Parmigiano in Beef Broth Test



Servings: 3–4 (primo piatto)

Crespelle Batter (No Butter)

- 2 large eggs
- 1 cup whole milk ((240 ml))
- 3/4 cup all-purpose flour ((95 g))
- Pinch of fine salt
- *For the pan: a lightly oiled paper towel, wiped almost dry*

Filling

- 1 to 1 $\frac{1}{4}$ cups finely grated Parmigiano Reggiano ((90–115 g))

1. Make the Batter

In a medium bowl, whisk the eggs and milk until fully combined. Add the flour and salt and whisk until smooth. Let the batter rest at room temperature for 20–30 minutes.

2. Cook the Crespelle

Heat a 8 inch nonstick pan over medium-low heat. Lightly wipe the surface with oil, then remove any excess.

Pour about $\frac{1}{4}$ cup of batter into the pan and swirl immediately to create a very thin crespella. Cook for 30–40 seconds until set, then flip and cook for another 10–15 seconds.

Transfer to a plate and repeat with the remaining batter. Stack the crespelle and keep them covered.

3. Assemble

Lay one crespella flat and sprinkle lightly with Parmigiano Reggiano. Fold into quarters or roll gently. Place 2–3 crespelle into each warmed bowl.

4. Serve in Brodo

Bring the beef bone broth to a gentle boil and taste for salt. Ladle the very hot broth over the crespelle just before serving. Serve immediately.

15 Classic & Italian-Inspired Pasta Recipes

15 Classic & Italian-Inspired Pasta Recipes

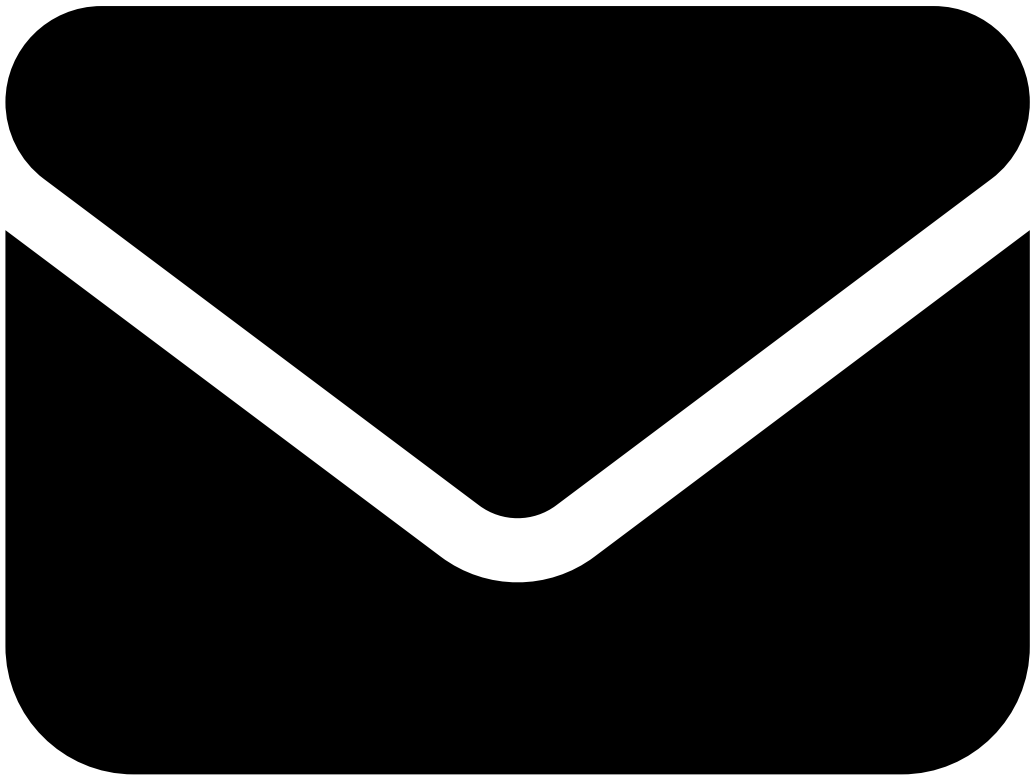
Why This Pasta Collection

Pasta has always been at the heart of Italian cooking and at the heart of my kitchen. From humble pantry pastas like **pasta e piselli** to cozy baked dishes and restaurant-style favorites, this pillar post brings together **15 of my most popular pasta recipes already on the blog**—all in one place for easy browsing.

Use this guide to:

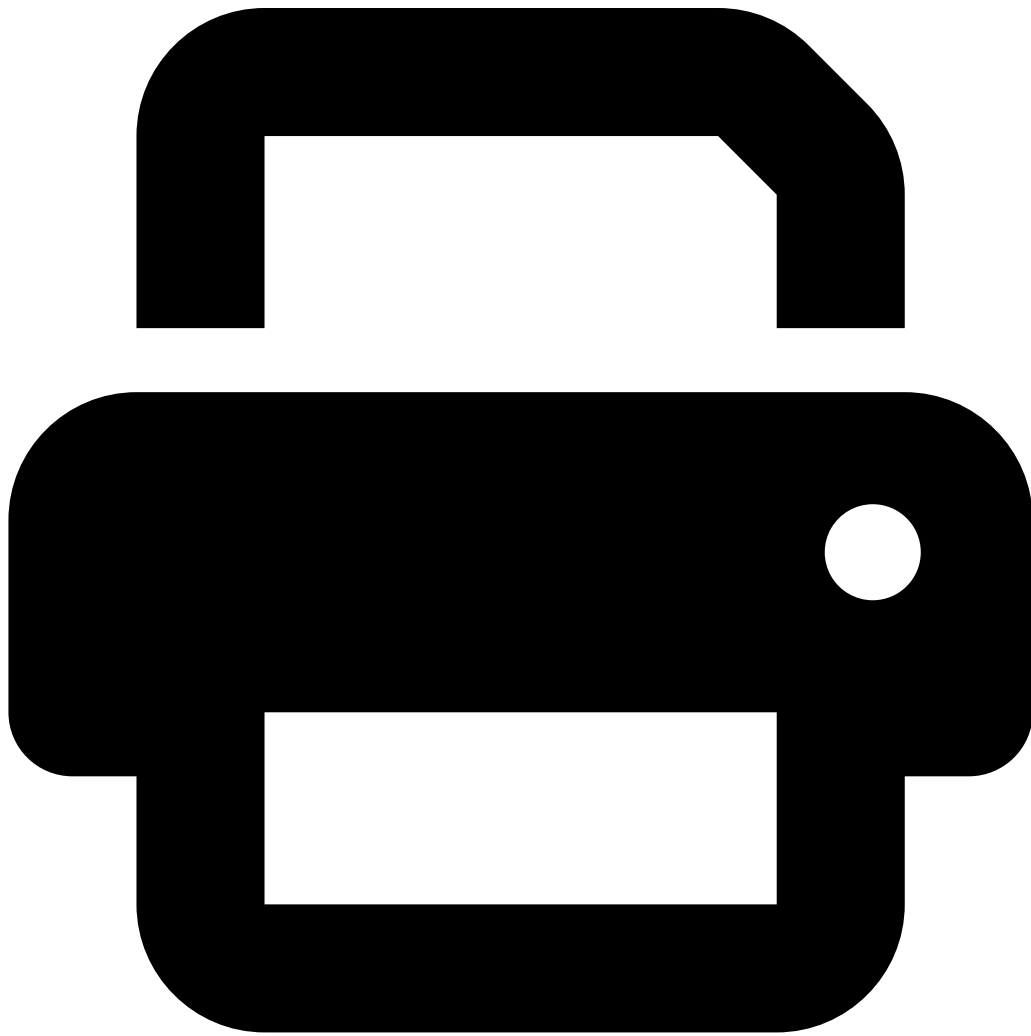
- Find the right pasta for the season
- Discover weeknight vs. Sunday sauces
- Navigate sauces by style (tomato, cream, broth, baked)











1. Pasta e Piselli (Pasta and Peas)

A classic Italian comfort dish made with olive oil, onion, peas, and pasta—simple, nostalgic, and budget-friendly.[GO TO RECIPE](#)

2. Authentic Pasta e Fagioli

A childhood favorite featuring beans, pasta, aromatics, and a rich tomato base—rustic Italian cooking at its best.[GO TO RECIPE](#)

3. Pasta e Ceci (Pasta with Chickpeas)

A humble Roman-style pasta made with chickpeas, garlic, olive oil, and pasta—simple, nourishing, and deeply comforting.[GO TO RECIPE](#)

Creamy & Cheesy Pasta Recipes

4. One-Pot Pasta and Potatoes

A classic Italian one-pot dish where pasta and potatoes cook together, creating a naturally creamy, comforting sauce.[GO TO RECIPE](#)

5. Italian Cauliflower Pasta Alfredo

A lighter twist on Alfredo using cauliflower for creaminess without sacrificing flavor.[GO TO RECIPE](#)

6. Mushroom Pasta alla Norcina

A rich pasta made with mushrooms, cream, and Pecorino Romano—[GO TO RECIPE](#)

Sunday Sauces & Hearty Pastas

7. Classic Meatball Sunday Sauce with Pasta

A slow-simmered tomato sauce served with pasta—just like Sundays in an Italian kitchen.[GO TO RECIPE](#)

8. Sausage and Lentil Pasta (New Year's Tradition)

A traditional Italian pasta dish symbolizing luck and prosperity, made with lentils and sausage.[GO TO RECIPE](#)

9. Mushroom and Sausage Pasta

A deeply savory sauce made with mushrooms and Italian sausage, perfect for your favorite pasta shape.[GO TO RECIPE](#)

Baked Pasta Favorites

10. Baked Spaghetti Pie

A fun and comforting baked pasta dish with layers of spaghetti, cheese, and sauce.[GO TO RECIPE](#)

11. Easy cheesy stuffed Shells

Large pasta shells filled with cheese and spinach and topped with my easy marinara sauce—perfect for entertaining.[GO TO RECIPE](#)

Seafood Pasta Dishes

12. Spaghetti e Gamberi (Shrimp Spaghetti)

A simple, restaurant-style shrimp pasta with garlic, olive oil, and wine.[GO TO RECIPE](#)

13. Seared Scallops with Orzo

A seafood-forward pasta dish with bold flavors and a creamy finish.[GO TO RECIPE](#)

Rustic & Regional Pasta Recipes

14. Pasta al Forno (Baked Italian Pasta)

A classic Italian baked pasta layered with sauce, cheese, and pasta—comforting, crowd-pleasing, and perfect for make-ahead

meals.GO TO RECIPE

15. Spaghetti Carbonara

A traditional Roman pasta made with eggs, Pecorino Romano, black pepper, and crispy guanciale—simple, rich, and timeless.GO TO RECIPE

Things to know about 15 Classic & Italian-Inspired Pasta Recipes

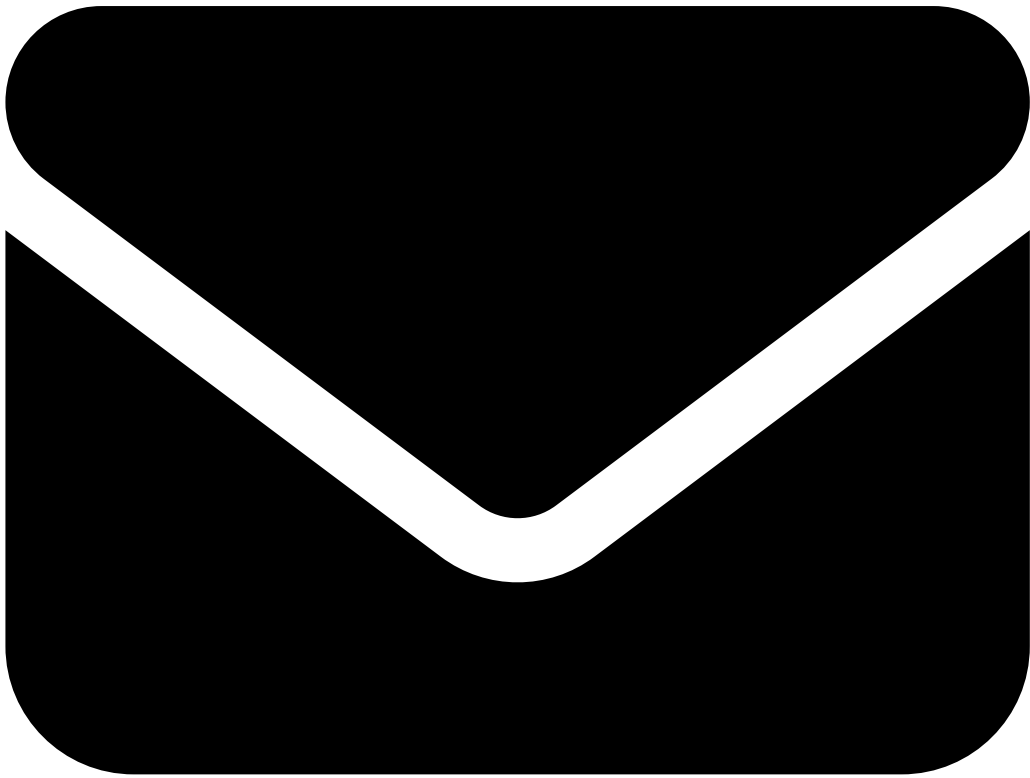
- **Pasta shapes matter:** Short pastas work best for baked dishes and chunky sauces, while long pastas shine with smooth or egg-based sauces like carbonara.
- **Salt your water well:** Properly salted pasta water is essential for authentic Italian flavor—this is where the pasta gets seasoned.
- **Sauce meets pasta, not the plate:** Always finish cooking pasta in the sauce so the flavors marry together.
- **Traditional doesn't mean complicated:** Many classic Italian pastas use just a handful of ingredients—quality matters more than quantity.
- **Make it your own:** These recipes are rooted in tradition but flexible enough for home cooks.

Healthy Italian Recipes to Start the New Year Right

Healthy Italian Recipes to Start the New Year Right

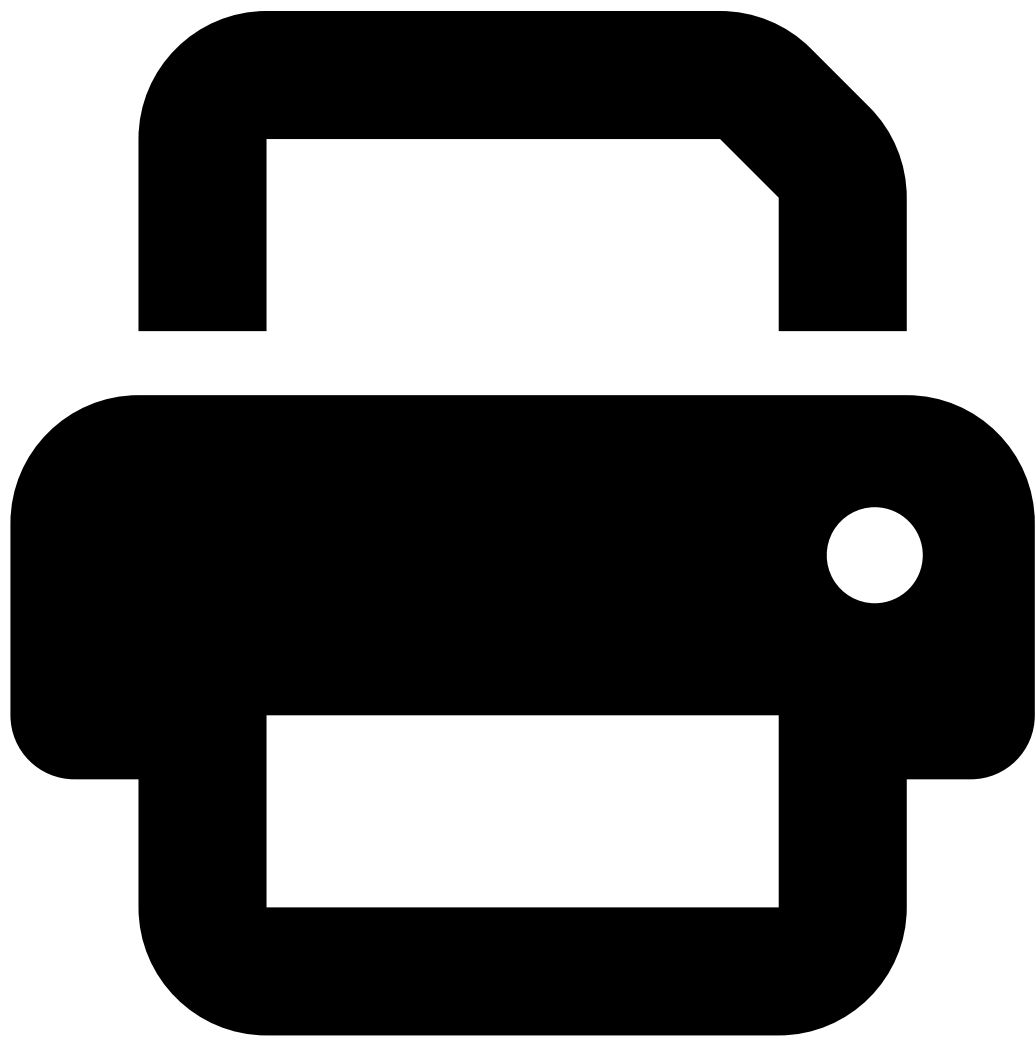
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The New Year always brings a renewed focus on feeling good—without giving up the foods we love. In Italian cooking, that balance has always existed. It's about fresh ingredients, simple preparations, and letting real food shine.

This year, instead of extremes, I'm leaning into **healthy Italian recipes** that feel nourishing, comforting, and realistic. Dishes built on vegetables, legumes, seafood, olive oil, and simple proteins—the way Italians have cooked for generations.

If you're looking to reset after the holidays while still enjoying flavorful, satisfying meals, these recipes are the perfect place to start.

What “Healthy Italian” Really Means

In my kitchen, healthy doesn’t mean bland or boring. It means:

- Fresh, seasonal ingredients
- Olive oil instead of heavy sauces
- Beans, vegetables, seafood, and lean proteins
- Recipes that leave you satisfied—not deprived

These dishes are proof that Italian food can be both comforting and nourishing.

Fresh & Light Starters

Perfect for lighter meals, lunch, or beginning a balanced dinner.

Rustic Italian Roasted pepper salad

Bright, refreshing, and naturally light, this classic salad is packed with citrus, crunch, and flavor.[GO TO RECIPE](#)

Winter Persimmon Walnut Salad

   A beautiful balance of sweetness, crunch, and freshness—perfect during the colder months.[GO TO RECIPE](#)

Italian Escarole and Beans

Simple, rustic, and protein-rich, this is a classic Italian dish that proves healthy food can still be deeply comforting.[GO TO RECIPE](#)

Nourishing Soups

Soups are one of the easiest ways to eat well without sacrificing flavor.

Italian Wedding Soup

Light broth, greens, and tender meatballs come together for a soup that's filling yet balanced.[GO TO RECIPE](#)

Vegetarian Italian Mushroom Soup

Earthy, satisfying, and naturally wholesome—perfect for a light lunch or dinner.[GO TO RECIPE](#)

Tortellini in chicken Brodo

A timeless Italian classic that relies on good broth and simple ingredients rather than heavy additions.[GO TO RECIPE](#)

Balanced Pasta & Mains

Italian food has always been about moderation—these dishes are flavorful without being heavy.

Shrimp Oreganata

· Baked shrimp with breadcrumbs, garlic, and lemon—light, protein-rich, and full of flavor.[GO TO RECIPE](#)

Tomato piccata Alaskan cod

A fresh, tomato piccata- dish that feels indulgent while staying light and elegant.[GO TO RECIPE](#)

Italian Stuffed Eggplant Bolognese

A perfect example of balance—vegetables, protein, and just enough richness to satisfy.[GO TO RECIPE](#)

Pasta with Lentils and Italian Sausage

A balanced pasta dish rooted in tradition, combining lentils, a modest amount of sausage, and pantry staples for a hearty but nourishing meal.[GO TO RECIPE](#)

Italian-Style Roast Chicken and Potatoes

A complete meal made with simple ingredients—olive oil, herbs, and perfectly roasted chicken and potatoes. This is everyday Italian cooking at its best.[GO TO RECIPE](#)

Naturally Sweet Endings

Dessert doesn't have to disappear—just shift toward simpler, more traditional treats.

Italian olive oil Almond Cake

Light, not overly sweet, and perfect with coffee or espresso.[GO TO RECIPE](#)

Italian Apple Cake

Made with fresh apples and simple ingredients, this cake is naturally moist and comforting without being heavy.[GO TO RECIPE](#)

Baked Gorgonzola Stuffed Pears

Sweet fruit paired with savory cheese makes a satisfying, portion-friendly dessert.[GO TO RECIPE](#)

Starting the New Year the Italian Way

Italian cooking has never been about cutting things out—it's about balance, quality ingredients, and enjoying food with intention. These healthy Italian recipes are the ones I turn to when I want meals that feel good, taste great, and still honor tradition.

As you move into the New Year, I hope these dishes inspire you to cook simply, eat well, and gather often. Because the healthiest meals are the ones that bring comfort, nourishment, and a little joy to the table.

□ **Let me know in the comments—which recipe will you start with?**