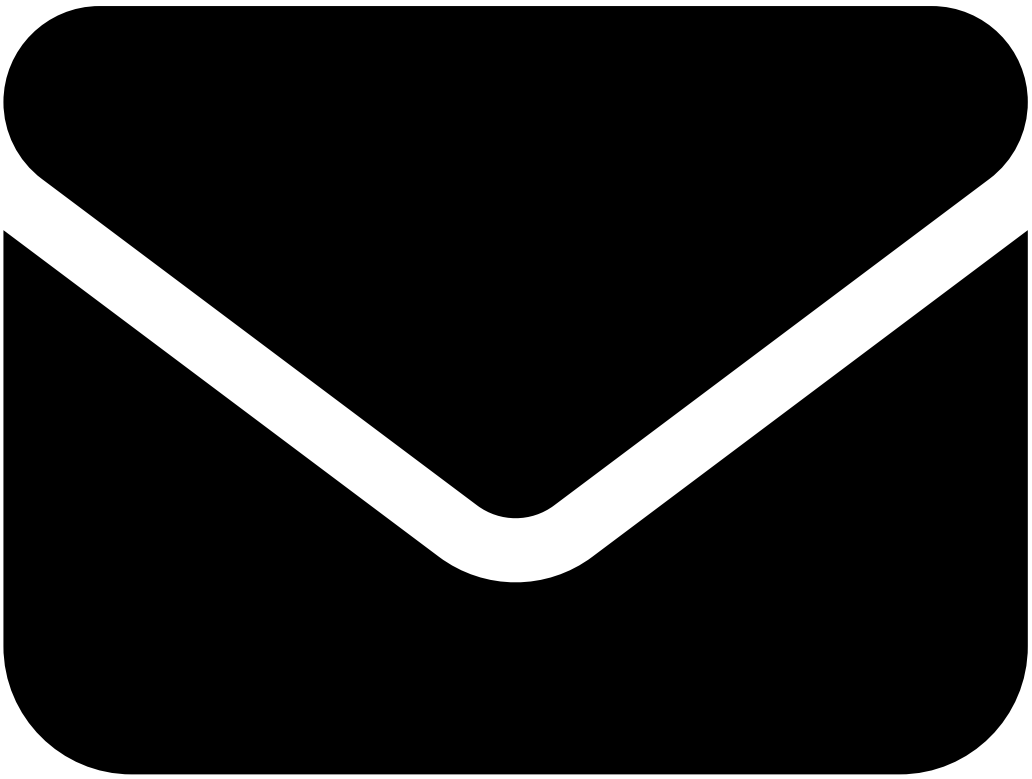
Homemade Fettuccine (Authentic Italian Fresh Pasta)

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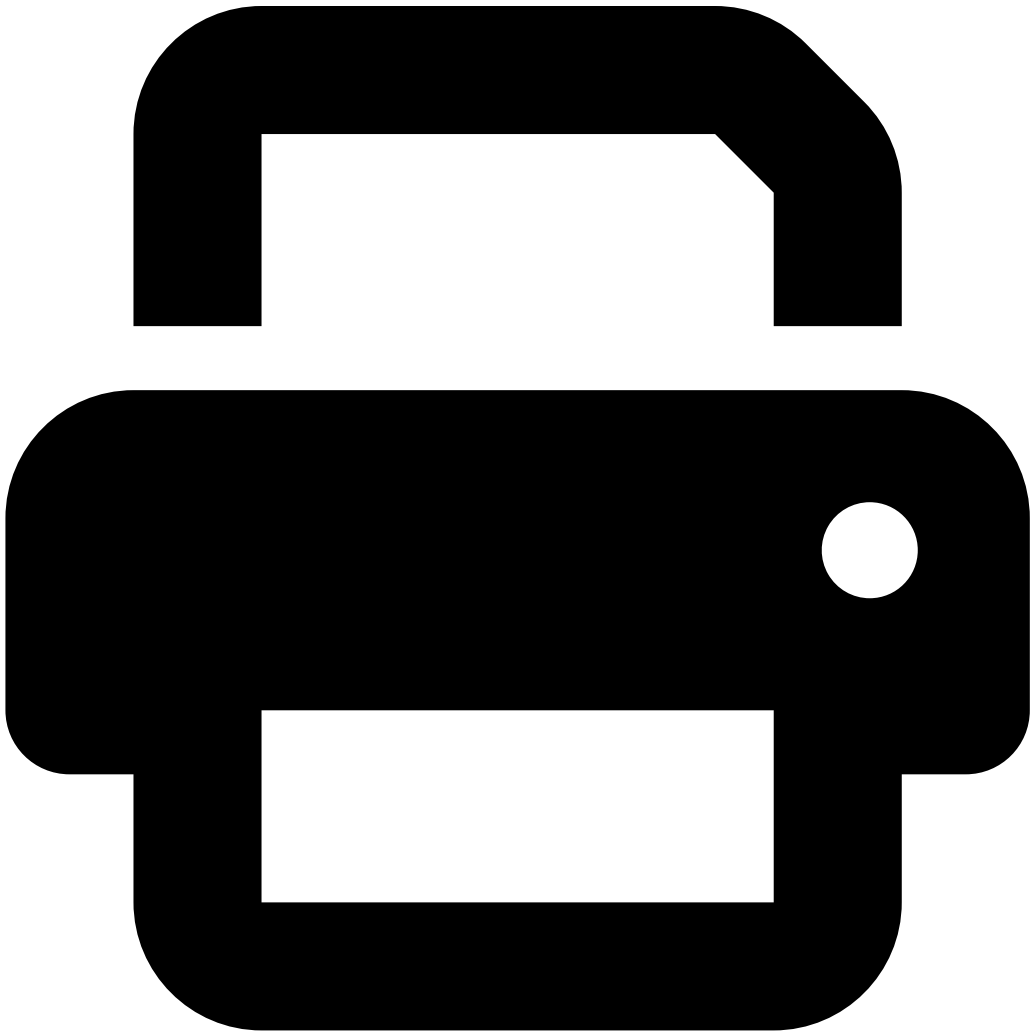
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SMS



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
- ½ 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.

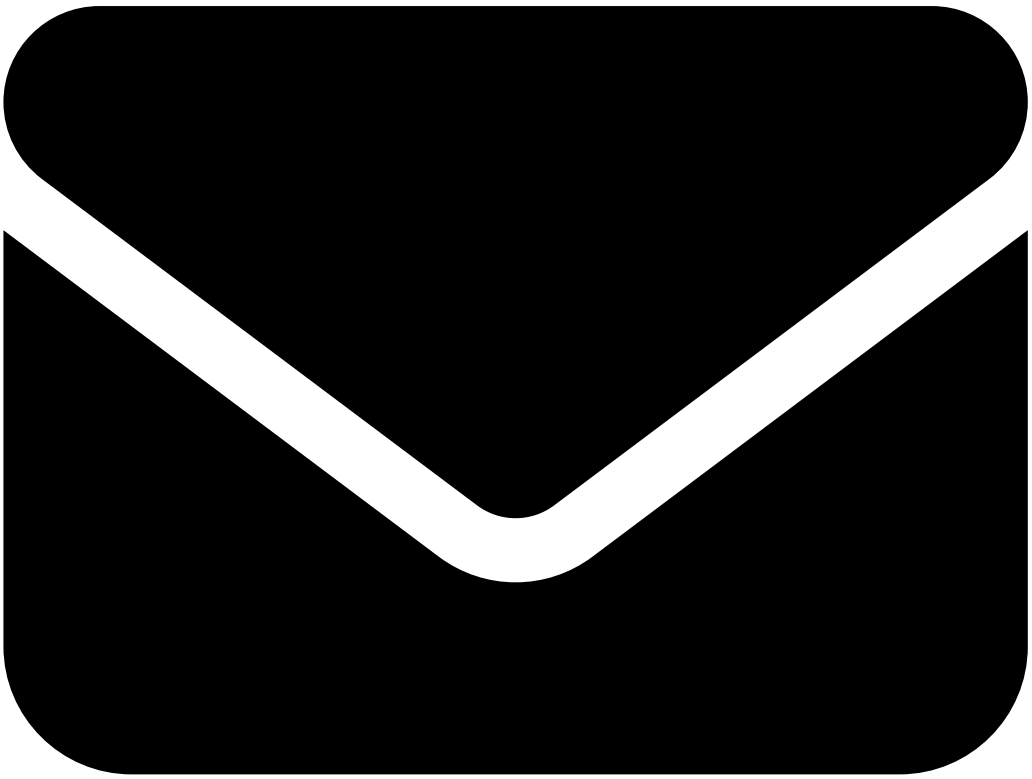
   Reserve pasta water for your sauce.

Italian Crespelle with Parmigiano in Beef Broth

Italian Crespelle with Parmigiano in Beef Broth

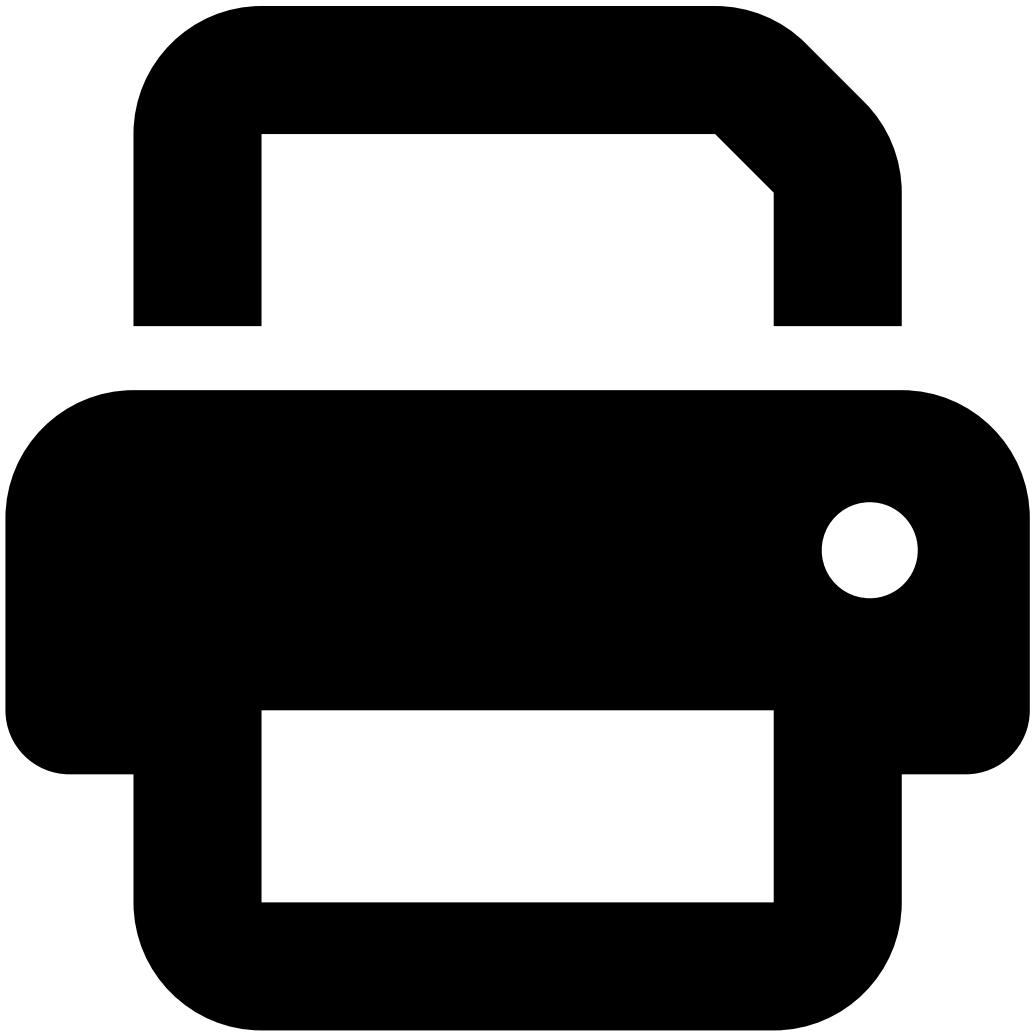
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Crespelle in Brodo is a traditional Italian primo piatto made with delicate, paper-thin crespelle, a simple filling of Parmigiano Reggiano, and steaming hot broth. It’s one of those dishes that reminds me how beautiful Italian cooking can be with just a few good ingredients. Comforting, delicate, and satisfying without ever feeling heavy.

In traditional Italian kitchens, particularly in Emilia-Romagna and parts of central Italy, crespelle were often prepared much like fresh pasta, thin and delicate, with very little filling. The idea was to let the broth take center stage rather than overwhelm the dish with richness.

For my version, I use homemade beef bone broth made with beef neck bones and shank. Slowly simmered, it develops a beautiful depth of flavor, natural body, and gelatin. There’s no need for butter or cream. The richness comes entirely from the broth, just as it should.

What Are Crespelle?

Crespelle are traditional Italian crêpes made with a simple, savory batter. Unlike the sweet crêpes often served for breakfast or dessert, they are delicate, paper-thin, and neutral in flavor. In Italian cooking, they are often used much like fresh pasta, layered, filled, rolled, or cut into ribbons. When served in broth, their delicate texture makes them especially comforting, allowing them to absorb the flavor of the broth without becoming heavy.

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



Italian Crespelle with Parmigiano in Beef Broth is a traditional Italian primo piatto featuring delicate, paper-thin savory crêpes served in steaming hot homemade beef broth. Finished with freshly grated Parmigiano Reggiano, this simple yet comforting dish lets the flavor of a rich, slowly simmered beef broth shine. It's an elegant example of traditional Italian home cooking, made with just a few simple ingredients.

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 1¼ 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 ¼ 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.

Keep the crespelle thin and delicate, and always pour piping-hot broth over them just before serving. This keeps their texture tender while allowing them to absorb the beautiful flavor of the broth.
Soup
Italian
Italian Crespelle in Brodo

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15 Classic & Italian-Inspired Pasta Recipes

15 Classic & Italian-Inspired Pasta Recipes

Why This Pasta Collection

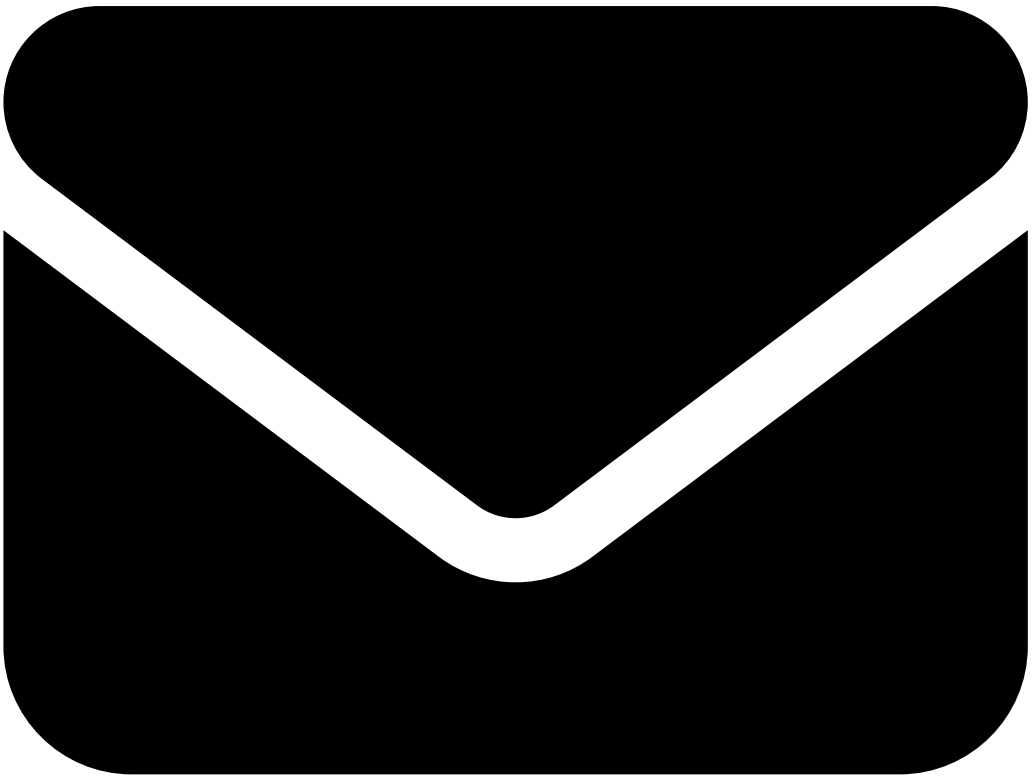
Pasta has always been at the heart of Italian cooking and at the heart of my kitchen. From humble pantry pastas like **pasta**

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:

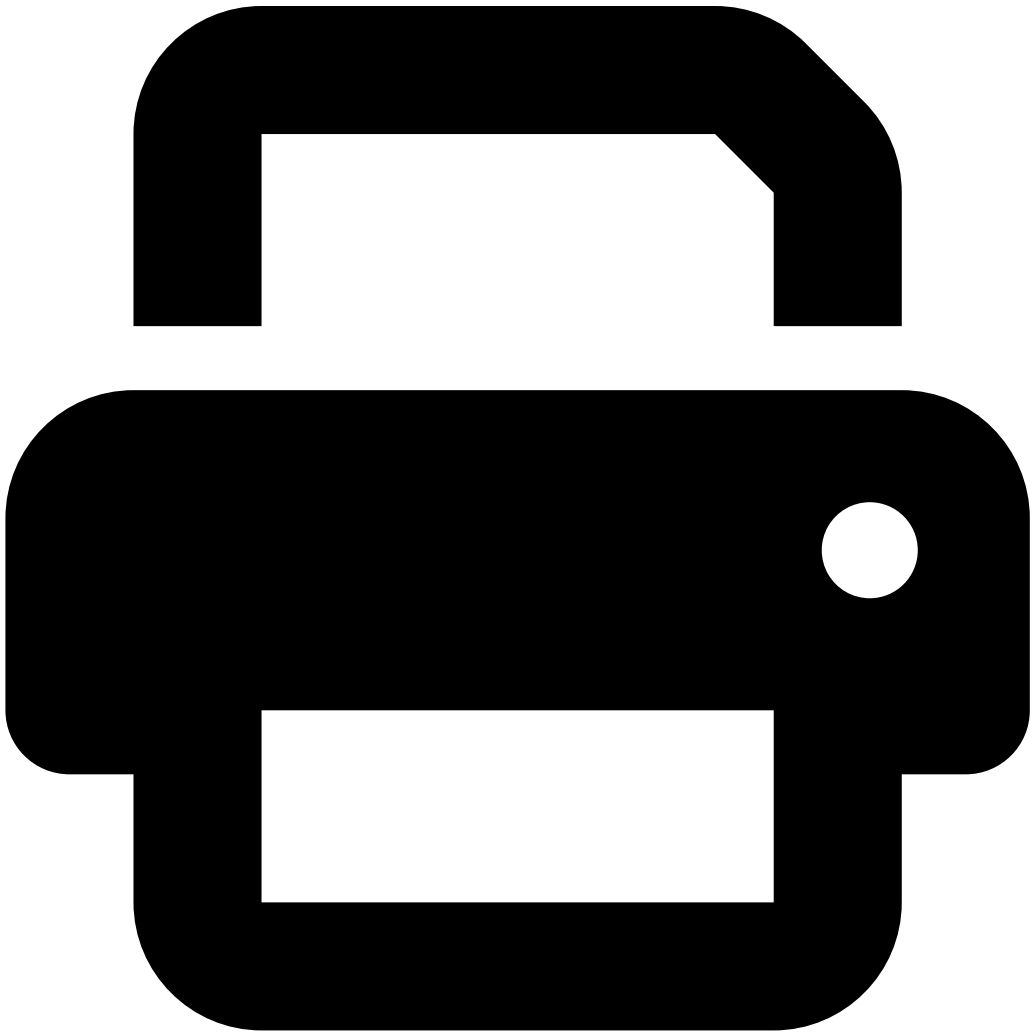
- Find the right pasta for the season
- Discover weeknight vs. Sunday sauces
- Navigate sauces by style (tomato, cream, broth, baked)








SMS



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

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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.

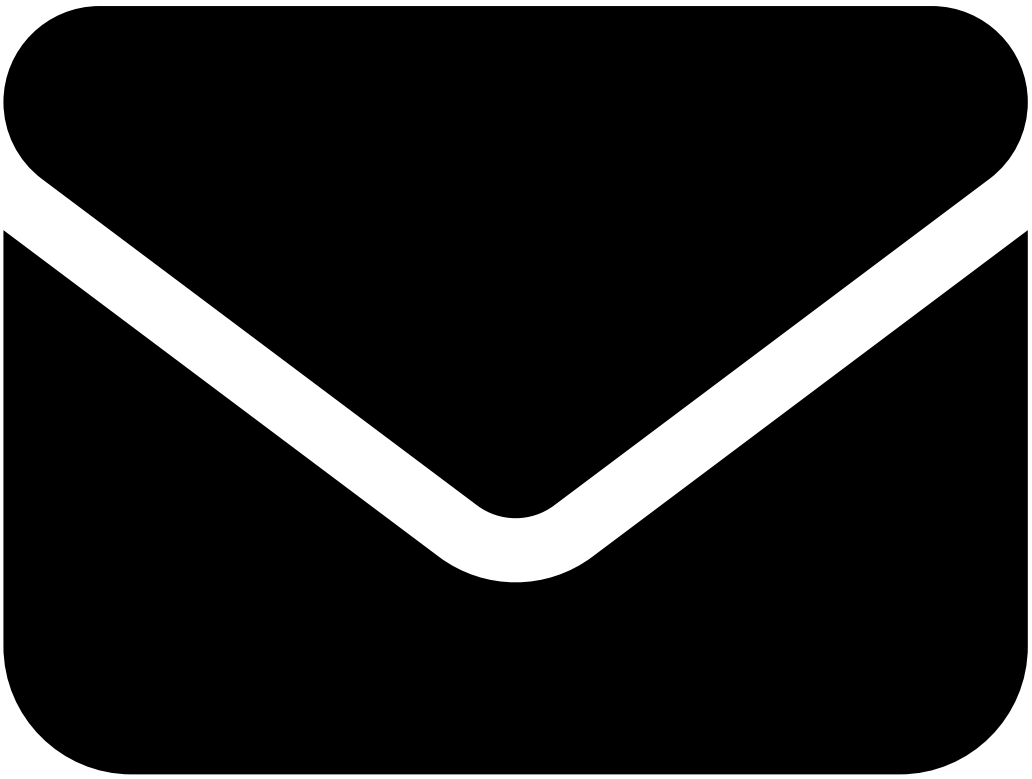
Healthy Italian Recipes to Start the New Year Right

Healthy Italian Recipes to Start the New Year Right

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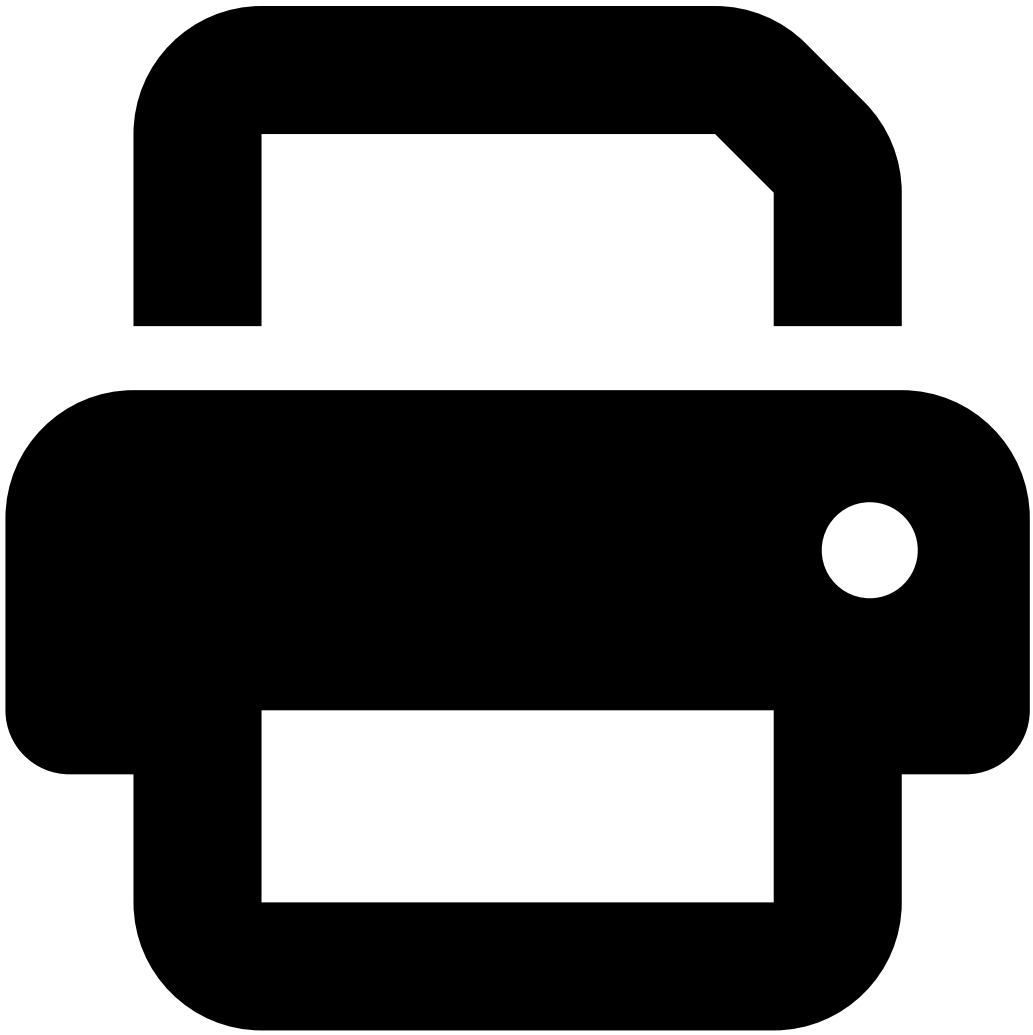









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The New Year always brings a renewed focus on feeling good—without giving up the foods we love. In Italian cooking, that balance has always existed. It’s about fresh ingredients, simple preparations, and letting real food shine.

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?

Creamy Italian Mac and Cheese Bake

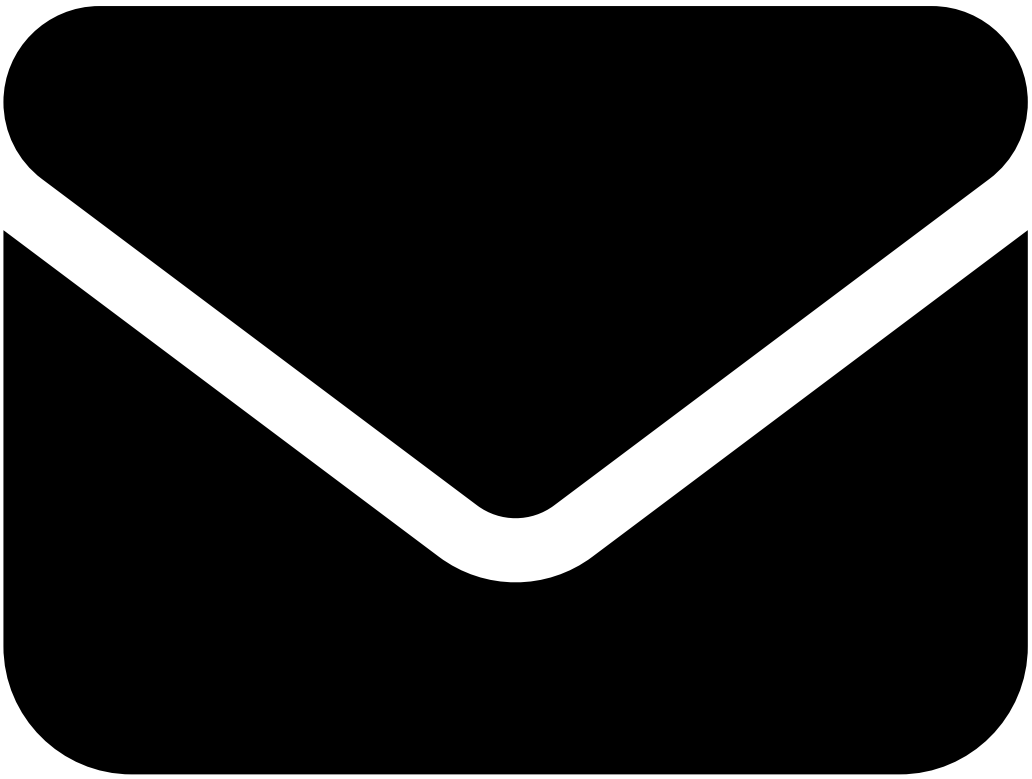
Creamy Italian Mac and Cheese

Bake

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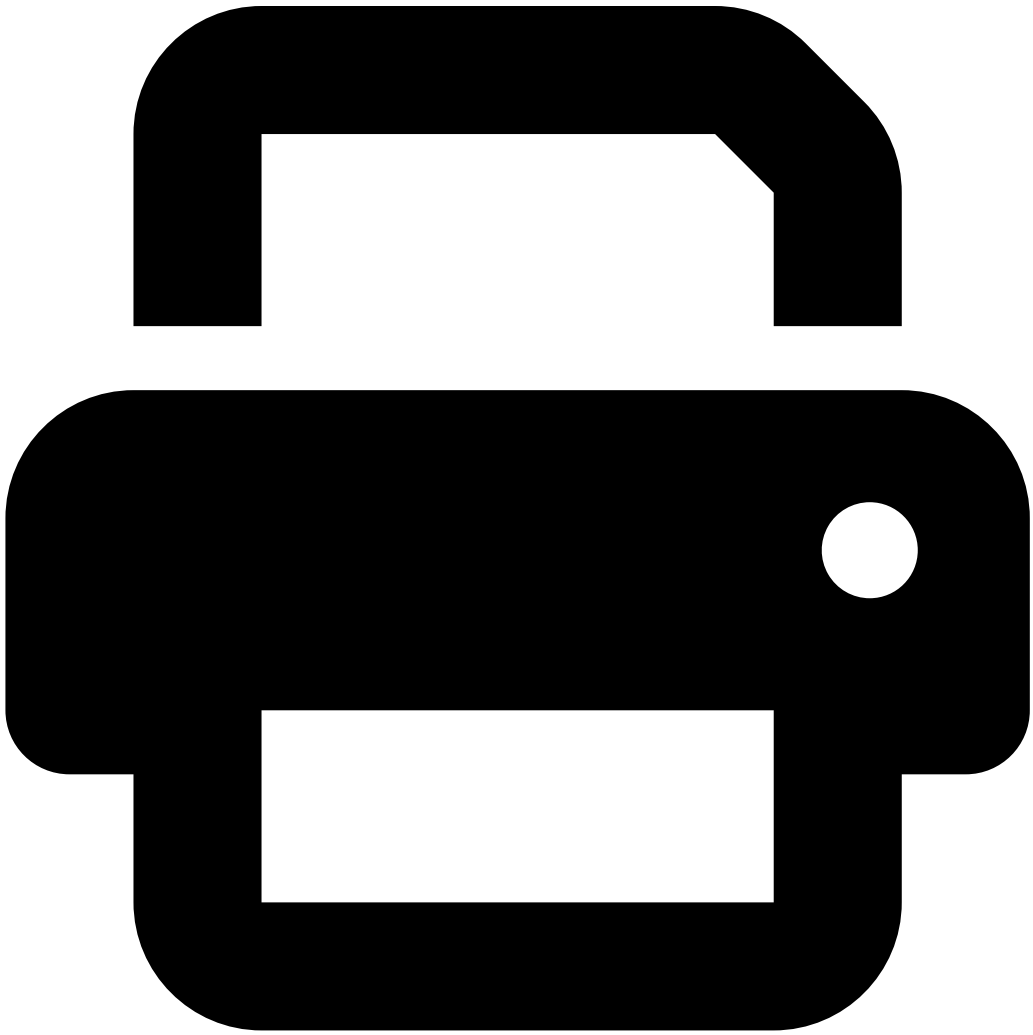









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There’s something so comforting about a bubbling dish of mac and cheese coming out of the oven — golden, creamy, and impossibly cheesy. But in our Italian home, even the most classic dishes tend to take on a Mediterranean twist. This **Creamy Italian Mac and Cheese Bake** is my way of giving a familiar American favorite a little Italian soul — rich with Fontina, sharp cheddar, mozzarella, and plenty of Parmesan. It’s a dish that feels right at home on any holiday table, especially Thanksgiving.

Growing up, mac and cheese wasn’t something we made often. My mom would serve baked pasta dishes layered with cheese and béchamel, but I didn’t truly fall in love with mac and cheese until years later, when I realized how easily it could be made the Italian way. One Thanksgiving, after too many side dishes that felt the same, I wanted something creamy and comforting that still fit our family’s table — something with the coziness of pasta al forno and the nostalgia of childhood

comfort food. This recipe was born that day, and now it’s a staple every year.

The base starts with a simple roux, but instead of plain butter, I melt it with a bit of diced pancetta or prosciutto — just enough to give the sauce a salty, savory depth. The fat renders into the butter, infusing the whole dish with that unmistakable Italian aroma. Then comes the magic: Fontina for smoothness, sharp cheddar for bite, mozzarella for stretch, and Parmesan for that nutty, salty finish.

When it bakes, the top turns crisp and golden while the inside stays luxuriously creamy. It’s comfort food through and through — a little rustic, a little elegant, and completely irresistible. On Thanksgiving, it’s the first dish to disappear from our table, and I can promise it’ll become one of your family’s favorite too!!!

Things to know about this Creamy Italian Mac and Cheese Bake

One of my favorite things about this Creamy Italian Mac and Cheese Bake is how easy it is to customize. I love using Fontina, cheddar, mozzarella, and Parmesan, but Asiago, Provolone, or even a little Gorgonzola are delicious options too.

This recipe is perfect for entertaining because you can assemble it a day ahead and refrigerate it until you’re ready to bake. Just pop it in the oven until it’s hot, bubbly, and golden.

For a vegetarian version, simply leave out the pancetta and add sautéed mushrooms or roasted butternut squash. Whether it’s part of your holiday table or a cozy family dinner, this creamy baked pasta is always a crowd-pleaser.

Craving more comforting Italian classics? Try my Spinach and

Mushroom Lasagna with Béchamel Sauce, Roasted Butternut Squash Gnocchi, or Creamy Italian Sausage Risotto next — each one made to warm your heart and your kitchen.

Italian Mac and Cheese bake



This Italian Mac and Cheese Bake is the ultimate comfort food, combining tender pasta with a rich, creamy blend of Italian cheeses and a golden, bubbly topping. Made with Fontina, mozzarella, cheddar, and Parmesan, every bite is smooth, cheesy, and full of flavor. It's an easy family-friendly casserole that's perfect for weeknight dinners, holidays, or potlucks.

- 1 Lb. pounds **short pasta** (cavatappi, shells, or elbow macaroni)
- 3 Tbsp. tbsp **unsalted butter**
- 3 oz. **prosciutto or pancetta**
- 3 tbsp. tbsp **all-purpose flour**
- 2 cups **whole milk**
- 1 cup **heavy cream**
- 1 cup **shredded Fontina cheese**
- 1 cup s**hredded sharp cheddar cheese**
- 1 cup **shredded mozzarella cheese**
- 1/2 cup **grated Parmesan cheese**, divided
- 2 cloves **garlic** minced

- 1 tsp. **fresh thyme leaves** (or ½ tsp dried)
- pinch of **nutmeg** (optional)
- Salt and black pepper, to taste

Crispy topping

- 1 cup Italian seasoned breadcrumbs
- 1/2 cup grated parmesan cheese
- 1 Tbsp. extra virgin olive oil

1. **Cook the pasta:**

   Boil in a large stock pot in salted water until *just* al dente. Drain and set aside.

2. **Cook the pancetta/prosciutto:**

   In a large saucepan, melt butter over medium heat. Add diced pancetta or prosciutto and cook until lightly crisp and the fat has rendered, about 3–4 minutes.

3. **Build the roux:**

   Stir in the minced garlic and cook 30 seconds. Sprinkle in the flour and whisk for 1 minute, letting it absorb the butter and drippings.

4. **Make the sauce:**

   Gradually pour in the milk and cream while whisking constantly until smooth and slightly thickened, about 4–5 minutes.

5. **Add the cheeses:**

   Lower the heat and stir in Fontina, cheddar, mozzarella, and ½ cup Parmesan until melted and creamy.

   Season with thyme, nutmeg (if using), salt, and pepper.

6. **Combine:**

Add the cooked pasta to the sauce and stir until well coated.

7. **Prepare the topping:**

   Mix breadcrumbs with Parmesan and olive oil.

8. **Bake:**

   Pour the pasta mixture into a buttered 9×13-inch baking dish. Sprinkle evenly with the breadcrumb topping.

   Bake at **375°F (190°C)** for 40**–45 minutes**, until bubbly and golden brown.

Main Course
Italian
Italian mac and cheese, baked mac and cheese, creamy macaroni and cheese, Italian cheese pasta bake,

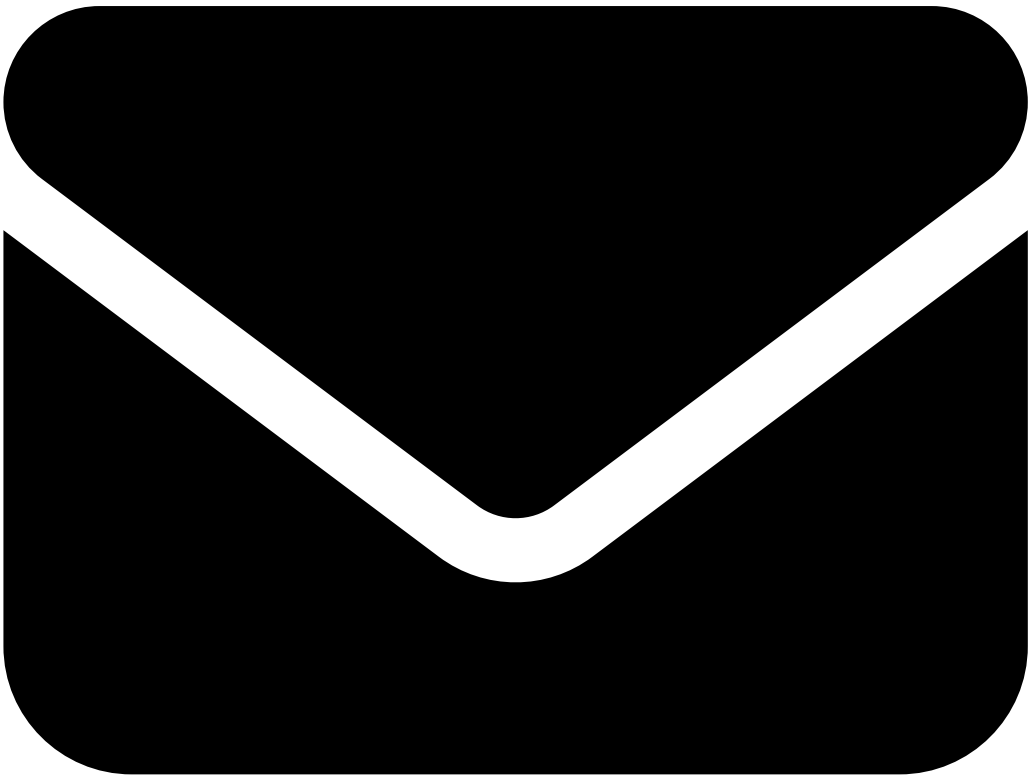
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Lasagna Bolognese with Béchamel Sauce

Lasagna Bolognese with Béchamel Sauce

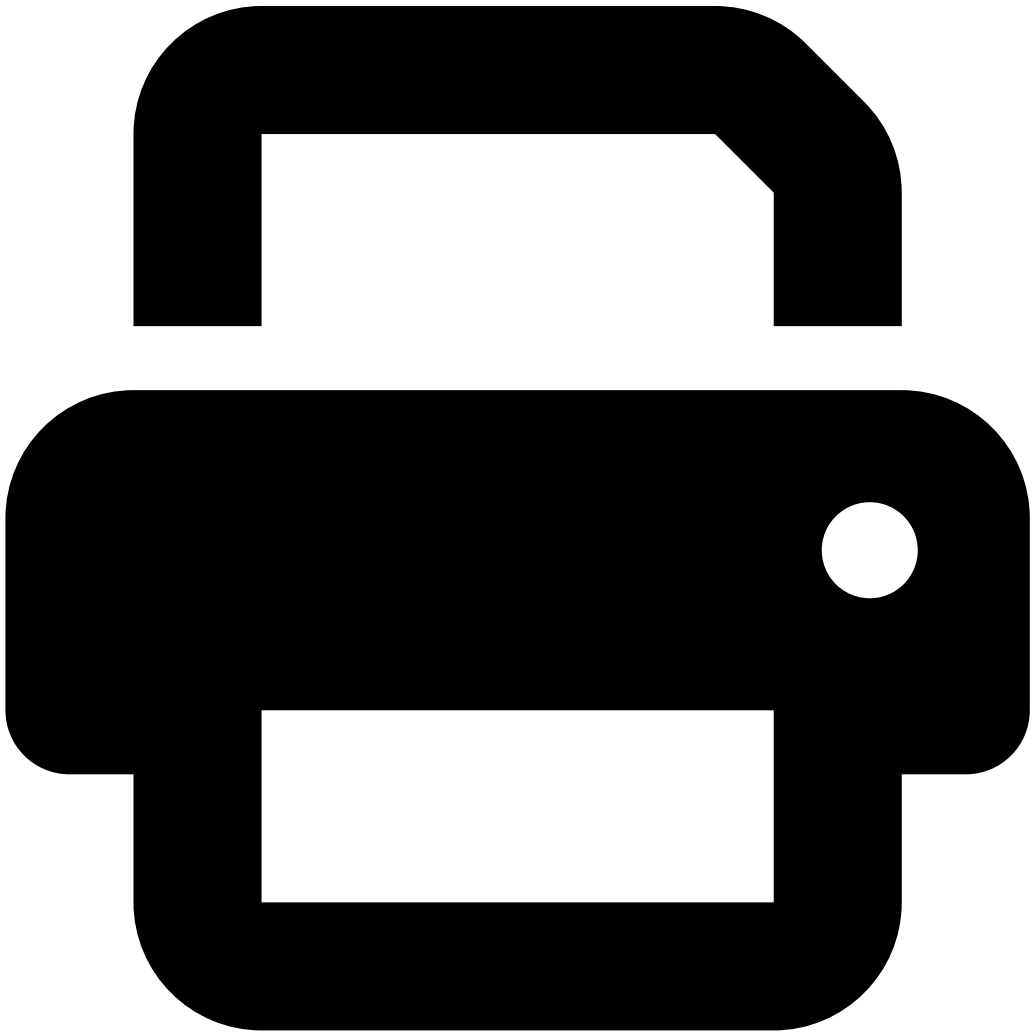
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Few dishes capture the heart of Italian comfort food quite like Lasagna Bolognese. With its rich layers of meat sauce, creamy béchamel, and perfectly melted cheese, this classic meal is a labor of love that never fails to impress. My version keeps the process simple – using store-bought noodles and homemade Bolognese sauce – while still delivering that authentic, slow-simmered flavor that makes every bite unforgettable. Whether for a cozy family dinner or a Sunday gathering, this lasagna is always a crowd-pleaser.

Things to know about this Lasagna Bolognese with Béchamel Sauce recipe

- **Make ahead:** You can assemble the lasagna a day in advance and refrigerate it until ready to bake.

- **Freezer-friendly:** Lasagna freezes beautifully – just wrap it tightly and freeze for up to 3 months.
- **Noodles:** No-boil noodles work well here, but if you prefer, parboil traditional lasagna sheets for a softer texture.
- **Sauce matters:** A rich, slow-cooked Bolognese sauce makes all the difference. If you've made extra, freeze it for your next batch.
- **Rest before slicing:** Let the lasagna sit for 15–20 minutes after baking to set the layers and make clean slices.
- **Craving more Italian comfort food?** Try my Meatball Sunday Sauce or cozy up with a bowl of Zuppa Toscana next. And if you love baked pasta, don't miss my hearty Easy cheesy Stuffed Shell – all perfect for your next family meal!

Lasagna Bolognese with Béchamel Sauce



This **Lasagna Bolognese with Béchamel Sauce** is a classic Italian masterpiece made with layers of rich slow-simmered meat sauce, silky béchamel, tender pasta sheets, and Parmesan

cheese. Unlike the American-style version made with ricotta, this traditional Northern Italian lasagna from Emilia-Romagna gets its luxurious creaminess from a smooth white sauce that perfectly balances the hearty Bolognese. It's a true labor of love, but every layer is worth the time for a comforting dish perfect for family gatherings, holidays, and special occasions.

For the Bolognese Sauce (You'll need about 4–5 cups of prepared Bolognese sauce.)

- 3 Tbsp. olive oil
- 1 1/2 lb. lean ground beef
- 1/2 lb. ground pork
- 1 cup each chopped onion+ carrots + celery
- 2 Tbsp. minced garlic
- 1 cup red wine
- 1 28 oz. can crushed tomatoes
- 2 cups beef broth
- 1 cup whole milk
- pinch of nutmeg
- Grated parmesan and Italian parsley for serving

For the Béchamel Sauce

- 4 Tbsp. unsalted butter
- 4 Tbsp. all-purpose flour
- 4 cups whole milk, warmed
- 1/3 Tsp. ground nutmeg
- Salt and pepper to taste

Lasagna Noodles

Make the Bolognese sauce

1. **Build the flavor base:**Heat olive oil and butter in a large Dutch oven or heavy-bottomed pot over medium heat. Add finely diced onion, carrot, and celery (*soffritto*)

and cook for 5–7 minutes until softened and fragrant

2. **Brown the meat:** Add ground beef and ground pork, breaking it apart with a wooden spoon. Cook until the meat is browned and most of the moisture has evaporated. Season with salt and pepper.

3. **Add the aromatics and wine:**Stir in garlic and cook briefly until fragrant. Add the wine and simmer until it has reduced, allowing the flavor to concentrate.

4. **Simmer the sauce:** Add crushed tomatoes, tomato paste, and herbs. Lower the heat and let the sauce gently simmer, partially covered, for **1½–2 hours**, stirring occasionally. A traditional Bolognese is slow-cooked until rich, thick, and deeply flavorful.

5. **Finish the sauce:** Stir in milk during the final 15–20 minutes of cooking to mellow the acidity of the tomatoes and create the signature silky texture of a Northern Italian Bolognese sauce. Taste and adjust seasoning before assembling the lasagna.

6. **Prepare the Bechamel sauce**

7. In a saucepan, melt the butter over medium heat.

8. Whisk in the flour and cook for 1–2 minutes until slightly golden.

9. Gradually whisk in the warm milk, stirring constantly until smooth and thickened, about 5–7 minutes.

10. Season with salt, pepper, and nutmeg. Set aside.

Cook the Lasagna Noodles

1. If using regular noodles, cook in salted boiling water until just al dente.

2. Drain and lay flat on a lightly oiled surface to prevent sticking.
3. If using no-boil noodles, skip this step.

Assemble the Lasagna

1. Preheat oven to 375°F (190°C).
2. Lightly grease a 9×13-inch baking dish.
3. Spread a thin layer of Bolognese sauce on the bottom.
4. Add a layer of noodles.
5. Spread a layer of béchamel, then a layer of Bolognese, followed by a sprinkle of mozzarella and Parmesan.
6. Repeat the process ending with a layer of béchamel.

Bake

1. Cover with foil (tent it slightly so it doesn’t touch the cheese).
2. Bake for 30 minutes.
3. Uncover and bake another 15 minutes, or until bubbly and golden on top.

Rest and Serve

1. Let the lasagna rest 20–30 minutes before cutting , this helps the layers set beautifully.
2. Slice and serve warm with extra Parmesan if desired.
3. Slice and serve warm with extra Parmesan if desired.

Main Course

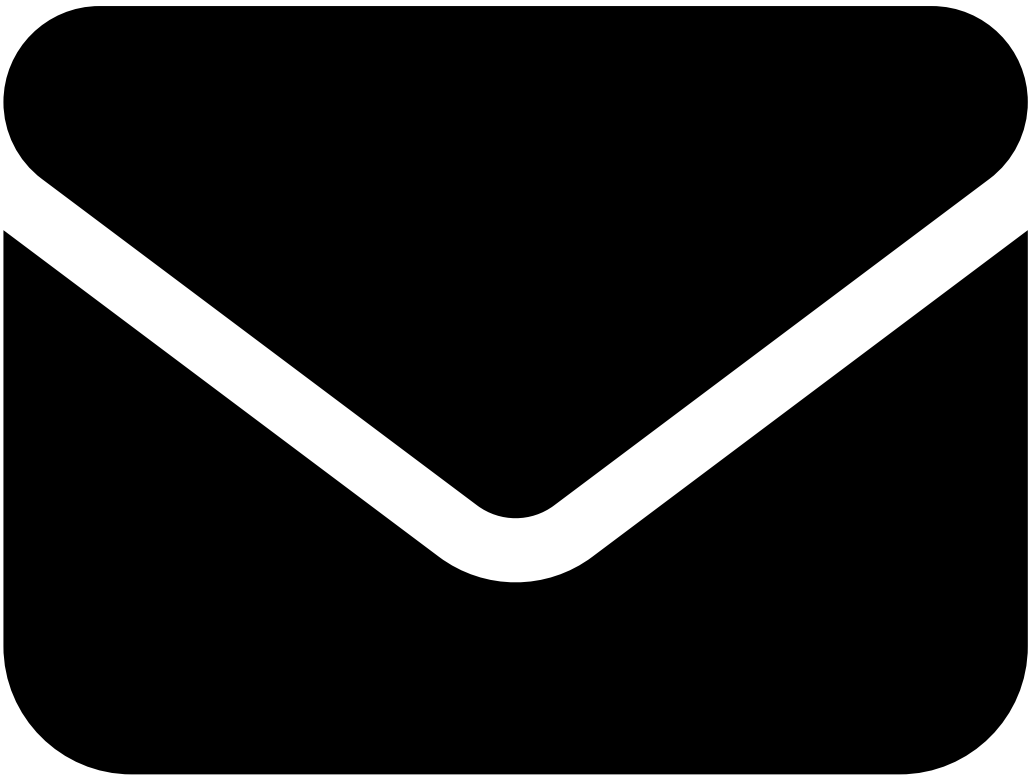
Italian
lasagna bolognese with béchamel sauce

Squash Varieties + Easy Cooking Ideas

Squash Varieties + Easy Cooking Ideas

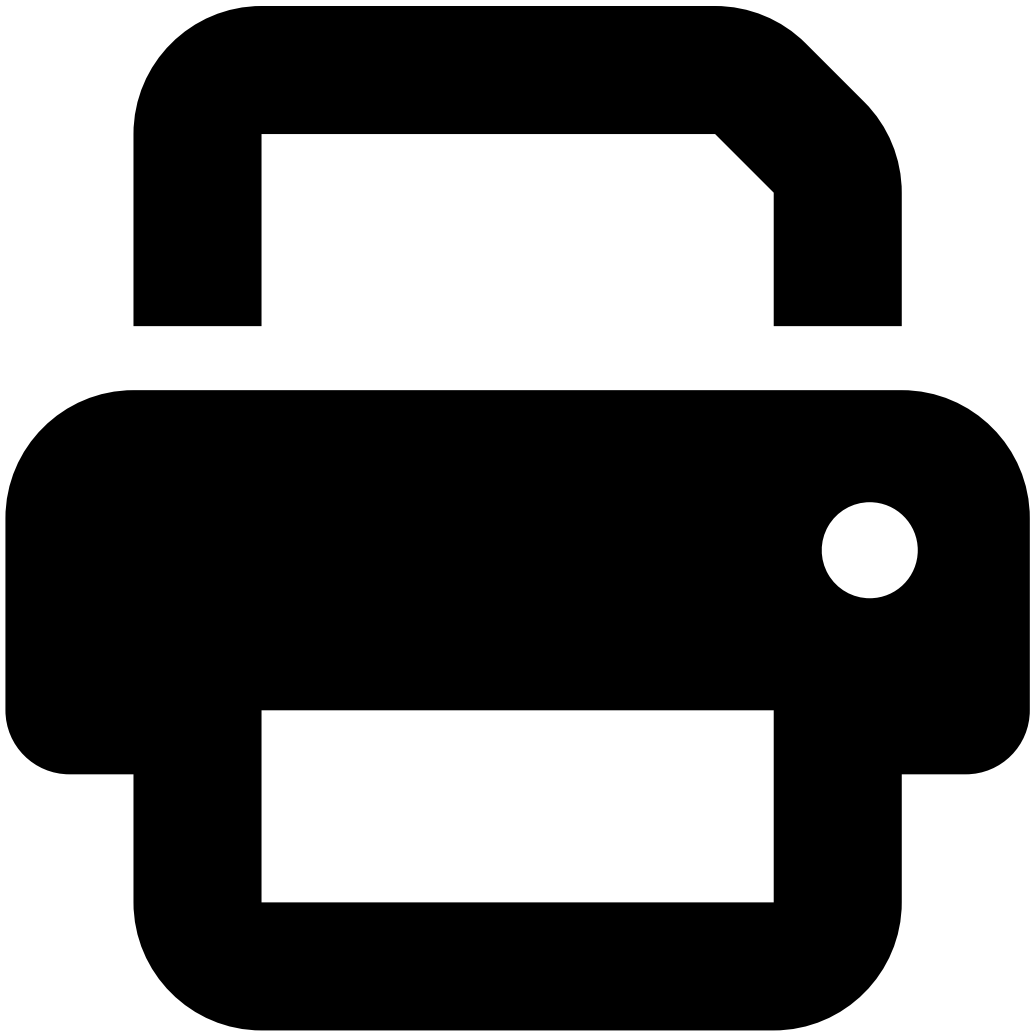
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SMS



Every fall, I look forward to squash season. Growing up, it was a staple at the market, and even now I can’t resist filling my basket with all the different shapes and colors. Each variety has its own personality—some sweet and creamy, others nutty and hearty—and they all find their way into comforting dishes in my kitchen. From soups and pastas to stuffed squash dinners, these vegetables bring warmth to the table.

Why Squash is So Special

Squash is more than just pretty on the counter—it’s wholesome, versatile, and naturally comforting. Packed with fiber, vitamins, and antioxidants, it’s a vegetable that feels indulgent while being nourishing. And I love how it works in both savory dishes (like roasted squash with herbs or creamy risottos) and sweet recipes (cakes, muffins, even cookies).

Things to know about Squash Varieties + Easy Cooking Ideas

Common Types of Squash

- **Butternut Squash**
  Sweet, creamy, and one of the most popular varieties. Perfect for soups, roasting, or blending into a pasta sauce.

- **Acorn Squash**
  Mild and nutty with a tender texture. Its natural “bowl” shape makes it perfect for stuffing with sausage, rice, or grains.

- **Delicata Squash**
  Quick-cooking with edible skin, slightly sweet flavor, and beautiful striped skin. Great roasted in slices or tossed into salads.

- **Spaghetti Squash**
  Once baked, its flesh turns into golden strands that mimic pasta. A fun and lighter way to serve saucy dishes.

Easy Ways to Cook Squash

- Roast with olive oil, garlic, and fresh herbs.
- Stuff with sausage, rice, or seasonal vegetables.
- Puree into soups, sauces, or risottos.
- Toss into pasta or gnocchi.
- Bake into breads, muffins, or cakes.

How to pick: Look for squash that feels heavy for its size, with firm skin and no soft spots.

Storage: Whole squash keeps well on the counter for 1–2 months. Once cut, store in the fridge and use within a week. Cooked squash can be frozen for up to 3 months.

Peeling tip: Microwave a whole squash for 2–3 minutes before peeling—it softens the skin and makes it easier to handle.

A Cozy Recipe to Try: Creamy Butternut Squash Pasta with Italian Sausage

Now that we've explored the different types of squash and how versatile they can be, I wanted to share one of my favorite ways to enjoy butternut squash in the fall. It turns into the creamiest pasta sauce, and when paired with Italian sausage, it becomes the kind of hearty, comforting meal everyone loves.

If you're ready to start cooking with squash, I've got a few more cozy recipes to get you inspired. My Italian sausage & spinach butternut squash stuffed Roasted Butternut Squash Gnocch

Creamy Butternut Squash Pasta with Italian sausage



- 1 medium butternut squash (about 2 ½–3 lbs), peeled,

seeded, and cubed
- 3 tbsp olive oil, divided
- Salt and black pepper, to taste
- ½ tsp crushed red pepper flakes (optional)
- 1 lb Italian sausage (mild or spicy), casings removed
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- ½ cup chicken broth (or vegetable broth)
- ½ cup heavy cream
- ½ cup grated Parmesan cheese
- 12 oz short pasta (rigatoni, penne, or orecchiette work well)
- Fresh sage or parsley, for garnish

1. **Roast the Squash.**

   Preheat oven to 400°F (200°C). Toss cubed butternut squash with 2 tbsp olive oil, salt, pepper, and crushed red pepper flakes. Spread on a baking sheet and roast for 25–30 minutes, until tender and caramelized.

2. **Cook the Pasta.**

   While the squash roasts, bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente. Reserve 1 cup pasta water, then drain.

3. **Cook the Sausage.**

   In a large skillet, heat 1 tbsp olive oil over medium heat. Add Italian sausage, breaking it apart with a spoon, and cook until browned and cooked through. Remove sausage from the pan and set aside.

4. **Make the Sauce.**

   In the same skillet, add onion and sauté until softened, about 5 minutes. Stir in garlic and cook 1 minute more.

Add roasted squash and broth. Simmer for 3–4 minutes, then blend (with an immersion blender or carefully in a regular blender) until smooth and creamy. Stir in the heavy cream and Parmesan.

5. **Combine Everything.**

   Return the sausage to the skillet. Add cooked pasta and toss, adding reserved pasta water as needed for a silky sauce.

6. **Serve.**

   Garnish with fresh sage or parsley, extra Parmesan, and a drizzle of good olive oil. Serve warm.

7. **Storage**

   Leftovers keep well in the fridge for 3 days. Reheat gently with a splash of broth or cream to loosen the sauce.

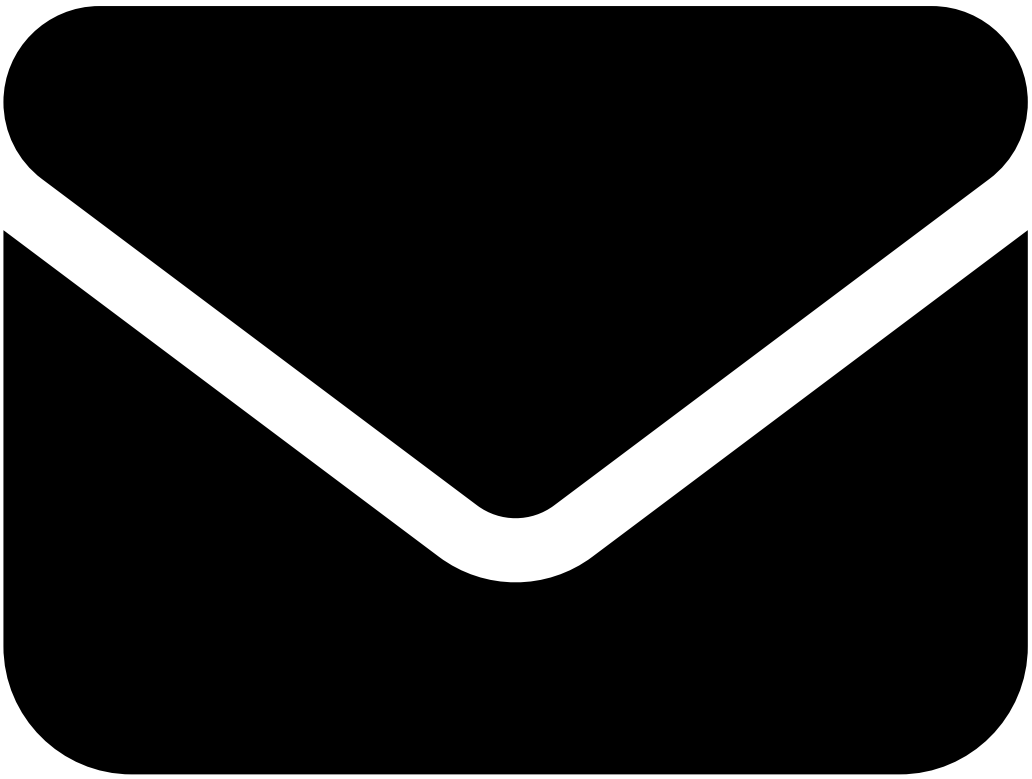
Butternut Squash Gnocchi with Gorgonzola

Butternut Squash Gnocchi with Gorgonzola

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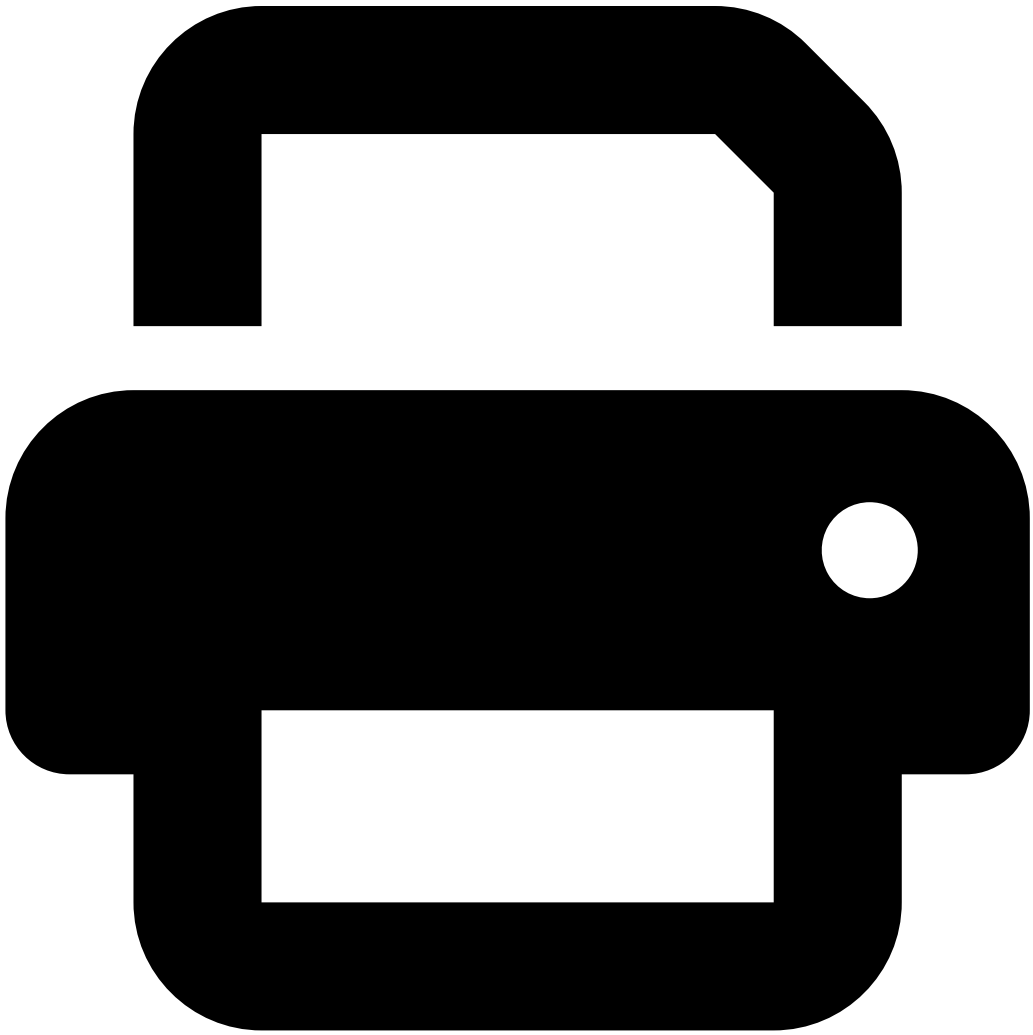
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Fall is in the air, and nothing says cozy quite like roasted butternut squash gnocchi. This recipe combines the sweetness of roasted butternut squash with delicate soft gnocchi, perfect for pairing with creamy gorgonzola sauce.
It’s no wonder most Italian restaurants have gnocchi on the menu. Most home cooks are intimated by making gnocchi at home. I am here to tell you you don’t have to be.

Making homemade gnocchi is a lot easier than you think. The most challenging part is getting the dough to the right consistency to produce the soft light gnocchi dumplings. This make take a few attempts, and that’s okay. After a few tries you will be making gnocchi like a pro.

Whether you’re new to making gnocchi or a seasoned pro , this easy to follow recipe is bound to become a favorite.

Things to know about this Butternut Squash Gnocchi with Gorgonzola”

1. Butternut squash is a seasonal fall vegetable, bringing a natural sweetness to the gnocchi that pairs well with many sauces.
2. These gnocchi are easy to make. This recipe simplifies the process. making it a beginner friendly gnocchi recipe
3. The recipe is versatile pair the gnocchi with a browned butter and sage, marinara or a creamy pancetta gorgonzola sauce like I did. If you would like the recipe for the sauce I used let me know, if I should write a blog post.
4. This recipe is perfect for meal prep. These gnocchi are freezer friendly, so you can a batch in advance to enjoy anytime, or make a double batch one for now and one for later.
5. As always , please let met know if you make this easy roasted butternut squash gnocchi recipe. I love hearing from you. And it helps others. THANKS!!!
6. **Warm up this fall with these cozy Italian dishes:**

    - **Creamy Mushroom and Italian Sausage Risotto** – rich, earthy, and perfect for chilly evenings.
    - **Italian-Style Cabbage Rolls** – hearty, satisfying, and full of fall flavors.

Don’t forget to save this Butternut Squash Gnocchi recipe—it’s the ultimate cozy fall dinner!

Butternut Squash Gnocchi with Gorgonzola



Tender butternut squash gnocchi are tossed in a creamy Gorgonzola sauce for a rich, comforting Italian-inspired meal. Finished with fresh sage and toasted walnuts, this elegant pasta is perfect for cozy dinners and special occasions.

For the Gnocchi

- 2-3 cups roasted and mashed butternut squash (about 1 medium squash)
- 1-1½ cups all-purpose flour (start with 1 cup and add more as needed)
- 1 egg
- ½ cup parmesan cheese
- salt and pepper to taste
- A pinch of Nutmeg

For the Gorgonzola Cream Sauce

- 1 cup heavy cream
- 4 oz Gorgonzola cheese, crumbled
- 2 tbsp unsalted butter
- 2-3 oz pancetta, diced
- 1 small shallot, finely minced (optional)
- Salt and freshly ground black pepper, to taste
- Pinch of nutmeg
- Chopped parsley

1. Roast the Squash. Preheat oven to 400°F (200°C). Cut the squash in half, remove seeds, and roast cut-side down until tender (about 30–35 minutes). Scoop out the flesh and mash it, letting excess moisture evaporate.

2. Make the Gnocchi Dough. In a bowl, combine the mashed squash, egg, salt, and nutmeg. Gradually add 1 cup of flour, mixing gently until a soft dough forms. Add more flour as needed—dough should be slightly sticky but workable. let rest covered on the counter 30 minutes

3. Once your gnocchi dough is ready, lightly flour your work surface and divide the dough into manageable portions. Gently roll each piece into a long rope, about ¾-inch thick, then cut into small, bite-sized pillows. To create the traditional ridges, roll each piece over a floured gnocchi board or the back of a fork, using your thumb to gently press and roll the dough. Place the shaped gnocchi on a lightly floured baking sheet, making sure they don't touch, until ready to cook.

4. Cook the Gnocchi. Bring a large pot of salted water to a boil. Cook gnocchi in batches until they float (about 2–3 minutes). Remove with a slotted spoon and set aside.

5. Make the Gorgonzola Cream Sauce. In a skillet, melt the butter over medium heat cook diced pancetta until crisp. Remove and set aside. Sauté shallots until soft and translucent lower the heat, stir in cream until warm but not boiling. Add Gorgonzola in small pieces, stirring until smooth. Season with salt, pepper, and a pinch of nutmeg. Stir the crispy pancetta back into the sauce.

6. Combine and Serve. Toss the cooked gnocchi gently in the sauce until coated. Serve immediately, garnished with Freshly chopped Italian parsley

Storage Instructions

Uncooked Gnocchi:

Place gnocchi on a floured baking sheet in a single layer. Freeze for 1–2 hours, then transfer to a freezer-safe bag or container.

Cook from frozen in boiling salted water; they will float when done.

Cooked Gnocchi with Sauce:

Store leftover gnocchi and sauce separately in airtight containers in the fridge for up to 3 days.

Reheat gently in a skillet over low heat, adding a splash of cream or milk if needed to loosen the sauce.

1.
   The secret to light, tender gnocchi is using as little flour as possible. Make sure your roasted butternut squash puree is well dried and completely cooled before mixing the dough. Avoid overworking it, and always cook one test gnocchi before shaping the entire batch. If it falls apart, gently work a little more flour into the dough.

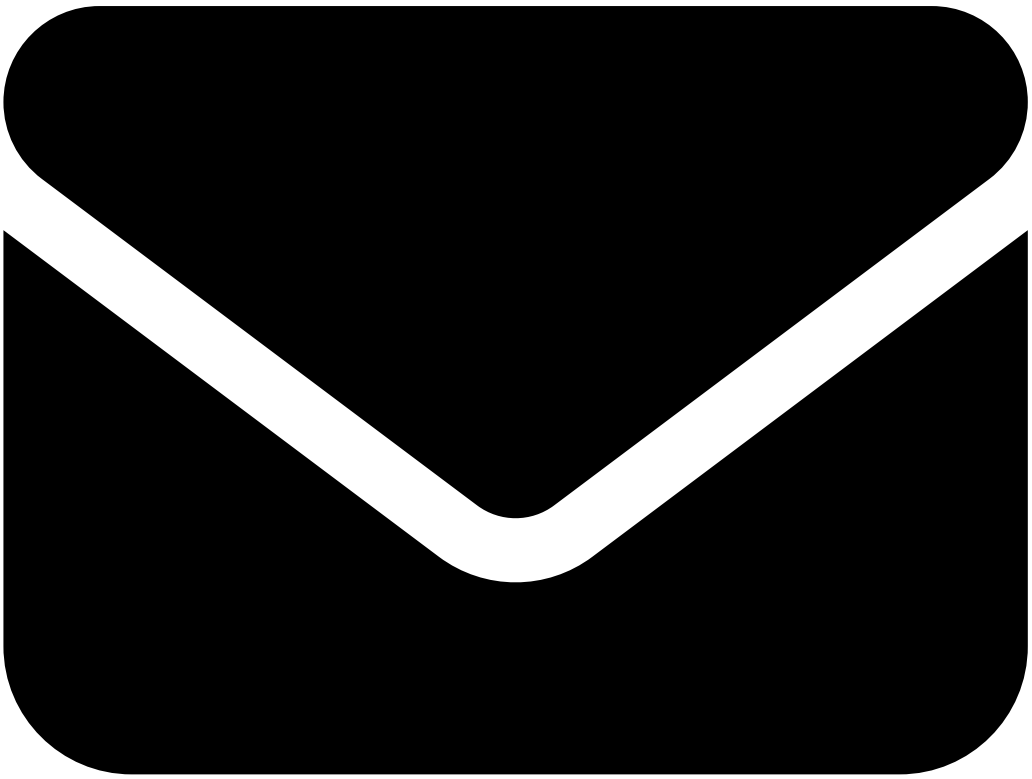
Main Course
Italian
butternut squash gnocchi with Gorgonzola

Creamy Mushroom and Italian Sausage Risotto

Creamy Mushroom and Italian Sausage Risotto

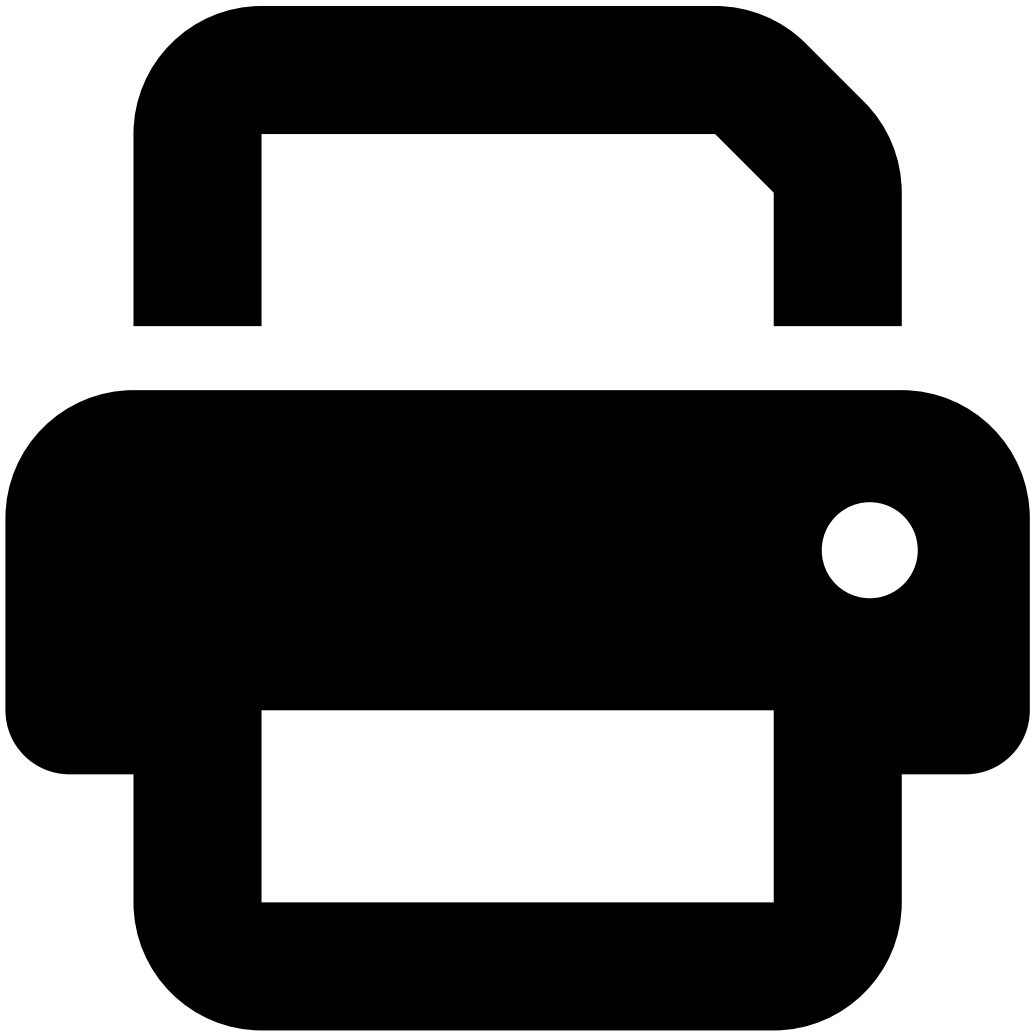
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It’s no surprise most Italian restaurants have risotto on their menu, it seems too complicated for the home cook.
Well I am here to tell you this Homemade Restaurant creamy Mushroom and Italian sausage risotto isn’t complicated at all.

Risotto is a northern Italian rice dish cooked with broth until it reaches a creamy consistency.

The broth can be derived from meat, fish or vegetables, I used chicken broth, if you are vegetarian you can use vegetable stock.

This is one of those recipes you make a enough of, for next day reheats or freeze for a quick ready made meal.

Plus, risotto is easy and versatile enough to have on your family weeknight meal plan. This restaurant quality recipe is also prefect for Holiday dinner with friends, to show off what a great home chef you are.

Things to know about this Creamy Mushroom and Italian Sausage Risotto

- **Rice Matters:** Arborio rice is best for risotto because it releases starch as it cooks, giving you that creamy texture. Don’t substitute with regular long-grain rice.
- **Broth Temperature:** Keep your chicken broth warm. Adding cold broth slows down the cooking and can make the risotto less creamy.
- **Stir Often:** Risotto needs attention! Stirring helps release the starch from the rice and prevents sticking.
- **Sausage Options:** You can use sweet or spicy Italian sausage depending on your taste. Either works beautifully with the mushrooms.
- **Finishing Touch:** Stir in butter and Parmesan off the heat for an extra creamy, rich finish. A sprinkle of fresh parsley brightens the dish just before serving.
- **Make-Ahead Tip:** Risotto is best served immediately, but if you need to make it ahead, undercook it slightly, then reheat with a splash of broth to bring it back to creamy perfection.
- Craving more comforting Italian dishes? Check out my **Classic Chicken Parmesan**, **Creamy Italian Sausage mushroom Pasta**, or **Zuppa Toscana Soup** for more hearty, restaurant-style recipes you can make at home. Don’t forget to **save this risotto recipe** so you can enjoy it any night of the week!

Creamy Mushroom and Italian Sausage Risotto



This Creamy Mushroom and Italian Sausage Risotto is rich, creamy, and full of authentic Italian flavor. Made with Arborio rice, savory Italian sausage, earthy mushrooms, Parmesan cheese, and a splash of white wine, this comforting dish is perfect for a cozy weeknight dinner or a special occasion.

- 2 links Italian sausage, casings removed
- 2 cups Arborio rice
- 8 oz, mushrooms, sliced (cremini, button, or mixed)
- 2 Tbsp. shallot, finely chopped
- 1 clove garlic, minced
- 4 cups chicken broth, kept warm
- 1/2 cup dry white wine
- 1/2 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 2 Tbsp. butter
- 1 Tbsp. olive oil
- 2 Tbsp fresh Italian parsley, chopped
- Salt and black pepper, to taste

1. Heat 1 tablespoon olive oil in a large skillet or saucepan. Add the sausage, breaking it up as it cooks, until browned.
2. In the same pan, add the remaining olive oil and 1

tablespoon butter. Sauté the onion until soft, then add garlic and mushrooms. Cook until mushrooms are golden.

3. Stir in the Arborio rice and toast for 1–2 minutes until edges are translucent.
4. Pour in the wine, stirring until it is absorbed.
5. Begin adding warm chicken broth one ladleful at a time, stirring often. Allow each addition to be absorbed before adding more. Continue until the rice is creamy and tender, about 18–20 minutes.
6. Add the cream and simmer 5 minutes longer.
7. Season with salt and pepper to taste. Serve immediately while creamy.

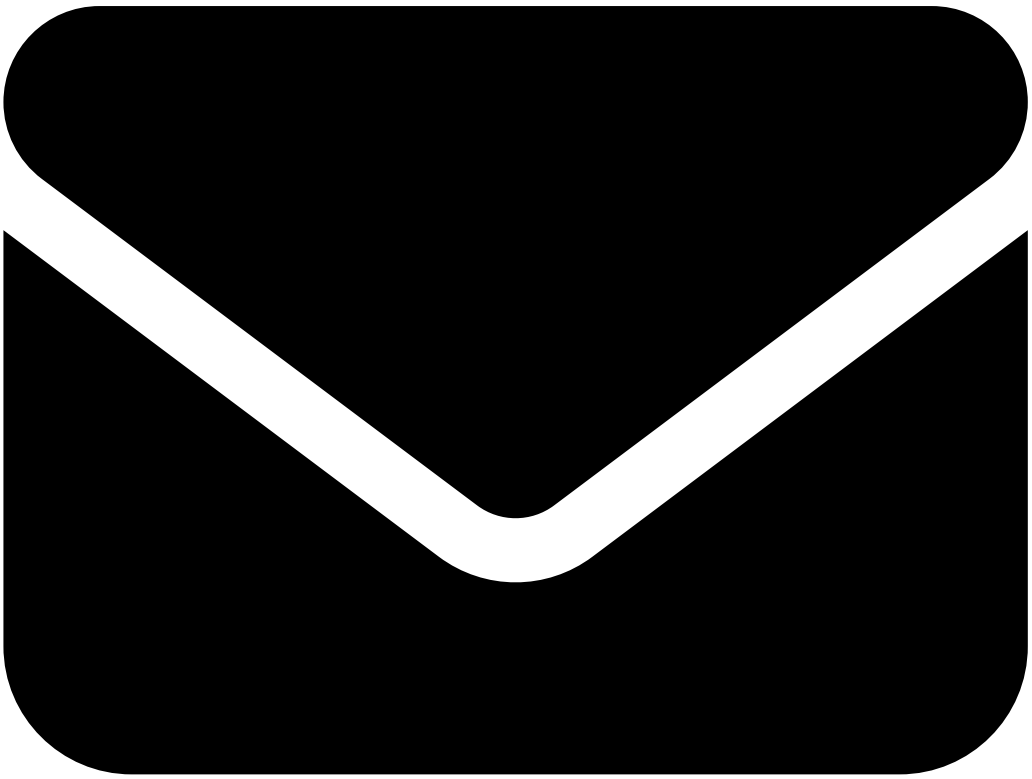
Main Course, Side Dish
Italian

Italian Sausage and Mushroom Pasta

Italian Sausage and Mushroom Pasta

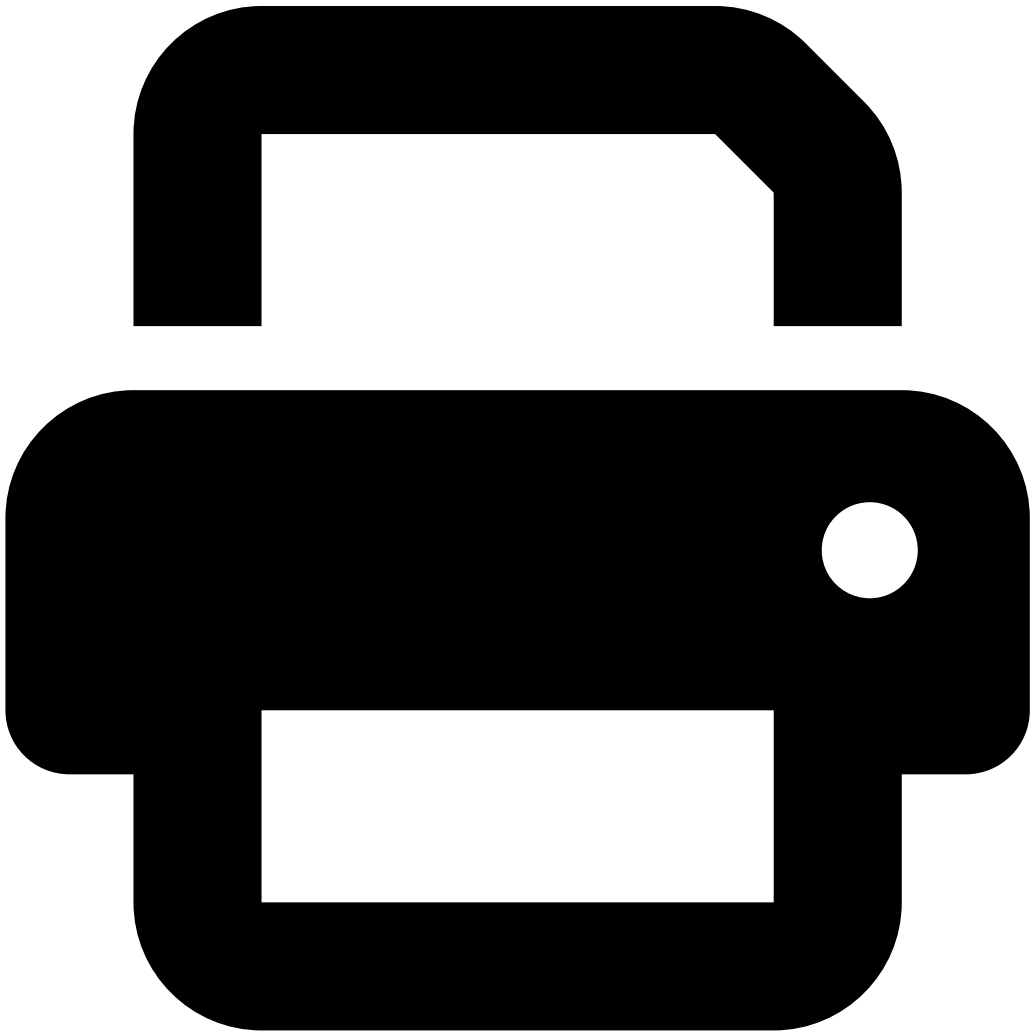
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This rustic **Italian sausage and mushroom pasta** is the kind of dish that brings the warmth of an Italian countryside kitchen right to your table. Savory sausage, earthy mushrooms, and sweet onions are simmered in a tomato-based sauce, then tossed with pasta and finished with parmesan. The addition of reserved pasta water ties everything together into a silky, flavorful sauce.

It’s an easy, one-pan pasta dinner perfect for fall weeknights—or for serving family-style on a Sunday.

Things to know about this Italian Sausage and Mushroom Pasta

- **Pasta Choices**: This recipe works beautifully with short pasta shapes that hold the sauce well, like rigatoni,

penne, or orecchiette. If you prefer long noodles, try tagliatelle or pappardelle for a more elegant touch.

- **Mushroom Varieties**: Cremini or button mushrooms are great, but mixing in porcini, shiitake, or chanterelles will give the sauce a deeper, earthier flavor. Dried porcini can be rehydrated and added to boost umami.
- **Tomatoes**: Crushed tomatoes give a rustic texture, but you could also use passata (tomato purée) for a smoother sauce, or whole San Marzano tomatoes hand-crushed for a traditional Italian feel.
- **Herbs**: Fresh thyme and oregano add depth, but rosemary or sage bring more autumn warmth. For brightness, finish with fresh basil or parsley.
- **Cheese Options**: Parmesan is classic, but Pecorino Romano adds a saltier, sharper edge. For extra indulgence, a spoonful of ricotta on top before serving makes it creamy without heavy cream.
- **Spice Level**: Mild sausage keeps it family-friendly, while spicy Italian sausage adds a kick. You can also toss in a pinch of red pepper flakes to heat things up.
- **Make It Meat-Free**: Skip the sausage and bulk up with more mushrooms or add lentils for protein.
- **Veggie Add-Ins**: Spinach, kale, or roasted red peppers fold in beautifully for extra nutrition and color.
- **Meal Prep Friendly**: This pasta reheats well the next day, and the flavors deepen as the sauce sits. Just reserve a splash of pasta water when reheating to keep it sauce

If you loved this recipe, you’ll also enjoy my Meatball Sunday Sauce, , or Sausage & Lentil pasta

Italian Sausage and Mushroom Pasta



Italian Sausage and Mushroom Pasta is an easy Italian dinner featuring savory sausage, earthy mushrooms, garlic, and herbs tossed with perfectly cooked pasta in a rich, flavorful sauce. It's a hearty family meal that's ready in about 40 minutes.

- 12 oz pasta (rigatoni, penne, or orecchiette work best)
- 1 lb. Italian sausage (mild or spicy, casings removed)
- 8 oz mushrooms (cremini, button, or a mix), sliced
- 1/2 cup onion, finely chopped
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1/2 cup dry white wine
- 1 cup pasta water
- 14 oz can crushed tomatoes
- 1/2 cup grated parmesan cheese
- 2 tsp. oregano
- Salt and black pepper, to taste
- Fresh parsley, for garnish + grated parmesan

1. **Cook the pasta.** Bring a large pot of salted water to a boil and cook pasta until al dente. Reserve 1 cup of pasta water, then drain.
2. **Brown the sausage.** In a large skillet, heat olive oil

over medium-high heat. Add sausage, breaking it up with a spoon, and cook until browned, 5–6 minutes. Remove and set aside.

3. **Sauté the aromatics.** In the same skillet, add onion and cook until softened, about 3 minutes. Stir in garlic and mushrooms; cook until mushrooms release their juices and begin to brown, 6–7 minutes.

4. **Deglaze.** Pour in the white wine, scraping up any browned bits from the pan. Simmer until reduced by half.

5. **Make the sauce.** Stir in crushed tomatoes, reserved sausage, thyme, salt, and pepper. Simmer for 10 minutes.

6. **Finish with pasta.** Add cooked pasta to the skillet, along with 1 cup reserved pasta water. Toss everything together until the sauce coats the pasta.

7. **Serve.** Stir in parmesan cheese, garnish with parsley, and serve hot.

Main Course
Italian
best Italian sausage mushroom pasta recipe