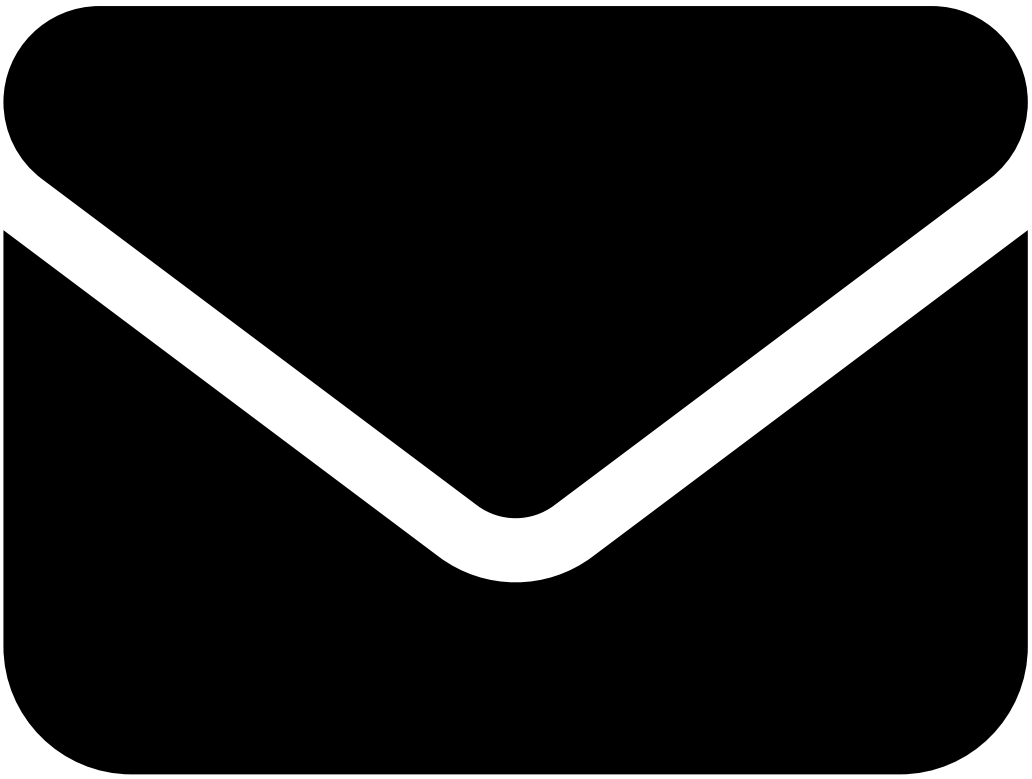
Easy Authentic Spaghetti Carbonara (No Cream!)

Easy Authentic Spaghetti Carbonara (No Cream!)

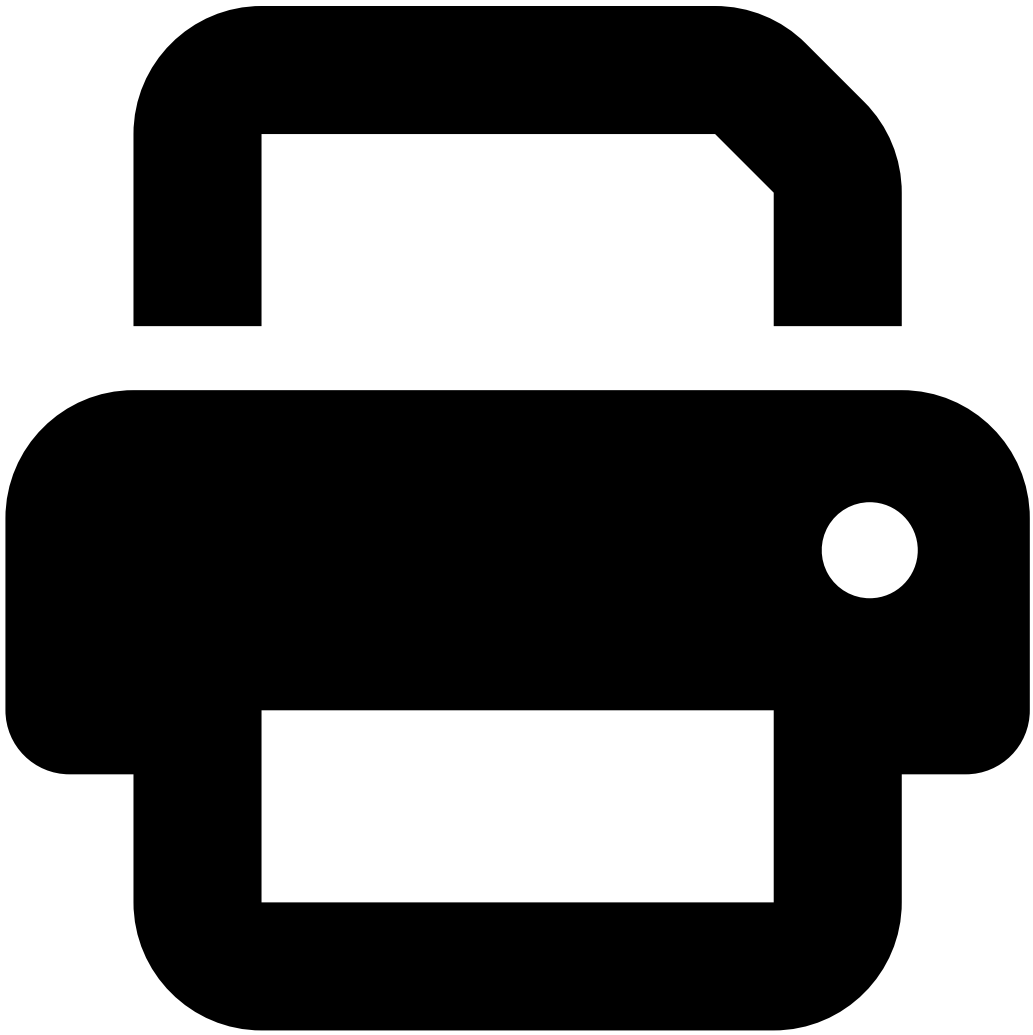
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



There was always one pasta dish that flew out of the kitchen faster than we could twirl it onto plates—**Spaghetti alla Carbonara**. Simple, rich, and irresistibly comforting, it was a favorite at our restaurant, where we served it up for around $19 a plate. But what most people don’t realize is how easy (and affordable!) it is to make at home. With just five pantry-friendly ingredients—eggs, Pecorino, pancetta or guanciale, pepper, and pasta—you can bring that same creamy, peppery magic to your own table in 20 minutes flat.

Carbonara is the kind of dish that proves simple can be extraordinary. There’s no cream , just the magic of emulsified pasta water and egg creating that iconic velvety sauce.

This version is my go-to at home: comforting, quick, and every bit as satisfying as the one we used to serve at the restaurant.

Things to Know About This Easy Authentic Spaghetti Carbonara (No Cream!)

No cream—ever! Real Italian carbonara is made creamy from eggs, Pecorino Romano, and pasta water—not heavy cream.

Guanciale is traditional, but pancetta or even good-quality bacon can be used in a pinch if you can't find it.

Timing is key. The egg mixture is added off the heat to prevent scrambling—toss quickly with hot pasta to create a silky sauce.

Use Pecorino Romano, not Parmesan for that sharp, salty bite that defines authentic Roman flavor.

The pasta water is liquid gold. It helps emulsify the sauce and bring everything together without clumps.

It's ready in 20 minutes—perfect for weeknight dinners or when you need something comforting and quick.

Avoid garlic and onions. Traditional carbonara is all about simplicity—just eggs, cheese, pork, pepper, and pasta.

Freshly cracked black pepper is a must. It gives carbonara its signature bite and aroma.

The dish originated in Rome, and it's one of the four cornerstone pastas of Roman cuisine, along with cacio e pepe, amatriciana, and gricia.

Serve immediately. Carbonara doesn't reheat well, so plan to enjoy it fresh out of the pan!

Storage:
Carbonara is best served immediately, but leftovers can be refrigerated in an airtight container for up to 2 days. The sauce will thicken as it cools. Reheat gently in a skillet over low heat, adding a splash of water to loosen the sauce.

Avoid high heat, which can cause the eggs to scramble.

Craving more Roman classics? Try my other authentic favorites like **Cacio e Pepe**, or **Amatriciana**, —simple, bold, and straight from the heart of Rome.

Easy Authentic Spaghetti Carbonara (No Cream!)



This Easy Authentic Spaghetti Carbonara is a classic Roman pasta made with spaghetti, crispy guanciale, Pecorino Romano, eggs, and plenty of freshly cracked black pepper. Creamy and silky without a drop of cream, this traditional Italian dish comes together quickly with a handful of simple ingredients.

- 12 oz. spaghetti
- 3 egg yolks + 1 whole egg
- 1 cup grated pecorino Romano
- 6 oz guanciale or pancetta
- 2 Tbsp. Toasted and freshly ground black peppercorns
- slash of pasta water

1. Cook the spaghetti Bring a large pot of salted water to a boil. Cook pasta until al dente. Reserve 1 cup of the starchy pasta water, then drain.
2. Toast the peppercorns add the peppercorns to a dry

skillet and toast until fragrant (3-4 minutes) then grind in a mortar or small food processor. Set aside

3. Cook the pancetta In the same pan While the pasta cooks, add the guanciale or pancetta to a cold skillet. Turn heat to medium and cook until crispy and golden, about 5–6 minutes. Turn off the heat.
4. Make the egg mixture In a bowl, whisk together eggs, Pecorino Romano, and a generous amount of black pepper.
5. Combine it all Add hot, drained pasta to the pan with pancetta (off heat). Toss to coat in the rendered fat.
6. Temper the eggs Slowly pour in the egg mixture while tossing quickly to prevent scrambling. Add a splash of reserved pasta water to loosen and create a silky sauce. Keep tossing until glossy and creamy. Use more water if needed.
7. Finish & serve Plate immediately with extra Pecorino and black pepper on top.

The secret to a creamy carbonara is controlling the heat. Remove the pan from the heat before adding the egg and cheese mixture, then toss continuously with the hot pasta and a little reserved pasta water. The residual heat gently cooks the eggs while creating that smooth, silky sauce without scrambling them.

Main Course

Italian

Spaghetti Carbonara