

Rich Alfredo Sauce

Alfredo is generally made with Parmesan cheese, but using Romano instead yields a richer, aged cheese flavor. Use Parmesan when you want a creamier flavored sauce and Romano when you want a stronger, aged cheese flavor.

Yield: 6 servings

Total Time: 25 minutes

Ingredients

3/4 cup butter (1-1/2 sticks)

1 cup whipping cream

1/2 teaspoon white pepper (reduce to 1/4 tsp if using Parmesan cheese)

2 cups grated Romano cheese

Melt butter in 6-quart sauce pan over low heat. Stir in pepper and make sure it is fully dissolved, then add cream. Cook about 5 minutes until mixture thickens slightly or begins to steam, stirring frequently. Do not allow to boil.

Stir in cheese; cook over low heat just until cheese is melted, stirring constantly.

Serve over cooked pasta.

Bill Hanggi's Notes:

Most importantly, shred your own cheese from a block; never use Parmesan or Romano from a shaker container. The reason: cheese in a shaker container usually contains an anti-caking ingredient to prevent clumping, but this also prevents the cheese from melting smoothly. The result is a sauce with lots of micro-lumps.

Parmesan and Romano are very similar cheeses, but Romano is aged 50% longer, giving it a stronger flavor. The one down side to Romano is that it is saltier. When substituting Romano for Parmesan in other recipes, reduce the salt called for.

If you've ever had alfredo from me, it was made with Romano cheese.

I strongly recommend reading the following link. It describes Parmesan and Romano cheeses and is less than one page long. It's from Delco Foods, a wholesaler in Indiana serving the Italian restaurant industry.

<http://www.delcofoods.com/our-products/tips/parmesan-vs-romano-cheese/>

Costco sells imported Romano cheese (made with ewe's milk) in 2 lb blocks for just \$5.50 per lb. This is what I use for making alfredo sauce. I also blend it with mozzarella for use in homemade lasagna and for enhancing frozen pizzas.

When it comes to serving alfredo sauce, remember that it is much richer than red sauce. I use far less alfredo sauce on a plate of pasta than I do with red sauce. Start with a light

coating of alfredo sauce and add more if you like. Grilled salmon and asparagus are both very good with a light coating of alfredo sauce.

When reheating leftover alfredo, use the stovetop instead of a microwave. Microwaving will cause the sauce to separate significantly and it takes a good deal of whisking to make it homogeneous again. With stovetop reheating there is very little separation.