



If you would like to cook along with Abbie on the day, below is a shopping list of the ingredients as well as the preparation required before the class.

## Shopping

- Guanciale (if you can't get guanciale, pancetta or thick cut bacon both work)
- Red chili pepper, pepperoncino or hot pepper flakes
- 400 g (14 oz) canned tomatoes
- Spaghetti or rigatoni pasta
- Pecorino romano cheese (Pecorino is a better flavor for these dishes but Parmesan will work too)
- Sea salt & cracked black pepper

## Preparation

### Carbonara

- Cut 200 g (7 oz) of guanciale (or pancetta/bacon) into small cubes
- Separate 2 egg yolks
- Grate 100 g (1 cup) of pecorino romano cheese

### Amatriciana

- Cut 125 g (4.4 oz) of guanciale (or pancetta/bacon) into small cubes
- Grate 80 g (3 oz) of pecorino romano cheese