



Amatriciana

Along with the carbonara this is one of the Big Four of Roman pastas. Abbie says, “If I’m picking favorites when it comes to Roman pasta (and I always do), amatriciana has my heart. The smokiness that the guanciale imparts, paired with the brightness of the tomatoes and saltiness of the pecorino is a flavor combination that will haunt you for the rest of your days. Don’t say I didn’t warn you.”

Ingredients - serves 6

- 125 g (4.4 oz) guanciale (if you can’t get guanciale, pancetta or thick cut bacon both work)
- 1 chili pepper, peperoncino or hot pepper flakes
- 400 g (14 oz) canned San Marzano tomatoes
- 500 g (1 lb) pasta (spaghetti, bucatini or rigatoni are all great options)
- 80 g (3 oz) pecorino romano cheese, grated
- Fine and coarse salt

Directions

1. Cut the guanciale into strips and place into a large frying pan with the pepper.
2. Sauté the mixture over high heat, moving with a wooden spoon, until the white part of the guanciale is transparent and golden (about 5 minutes).
3. Add the peeled canned tomatoes with their sauce and stir. Lower the heat to medium and cook for 10 minutes. Season to taste with fine salt.
4. Meanwhile, cook the pasta according to package directions in salted water until al dente.
5. Remove the chili pepper from the red sauce. Drain the pasta and stir it into the sauce. Stir to combine and mix in the grated cheese.
6. Serve with an extra sprinkle of cheese on top.

Carbonara

Carbonara is probably one of the first dishes that comes to mind when you think about Roman food. A smooth, creamy sauce that involves zero milk, cream or butter is a sign that the chef knows what they're doing when it comes to this classic Roman pasta dish. Abbie says, "I like mine with crispy guanciale, a bright yellow sauce, and plenty of pecorino cheese and freshly ground black pepper for a bit of a bite."

Ingredients - serves 2

- 200–300 g (7–10 oz) spaghetti or rigatoni pasta
- 200 g (7 oz) guanciale (or pancetta or bacon), cut into small cubes
- 1 egg + 2 yolks
- 100 g (1 cup) freshly grated pecorino romano cheese, more if desired (Parmesan will do in a pinch but it lacks the bite of pecorino)
- cracked black pepper, to taste
- 235 ml (1 cup) reserved pasta cooking water

Directions

1. Bring a large pot of salted water to boil and cook the pasta until al dente.
2. In the meantime, have the guanciale in a large pan on the stove, cooking slowly over low heat. The fat from the pork must be fully rendered for the sauce to come together properly.
3. In a separate bowl, beat the eggs until combined and add the grated pecorino and black pepper to the mixture.
4. When the pasta is ready, drain it (reserving a cup of the pasta water) and add to the pan with the guanciale.
5. With the pan off the heat, stir well until every noodle is coated with fat and slowly add the egg mixture in while stirring.
6. At this point, start adding a bit of the starchy pasta water to the pasta, constantly stirring. It's better to add a bit more liquid than necessary, because as the pasta sits it will absorb more. Let sit for a minute, covered.
7. Plate and add extra pecorino on top, as desired.

