

Primo Cacio e Pepe

Level



Serves
2 people

Diet
Vegetarian
Gluten-free option

Origin
Lazio

Ingredients

10 g (0.4 oz) black pepper grains

200 g (7 oz) spaghetti or 250 g (8.8 oz) fresh tonnarelli (or gluten-free pasta)

salt

100 g (3.5 oz) Pecorino Romano, grated

cold sparkling water

"For the cacio e pepe, the general rule calls for 50 g (1.8 oz) of grated pecorino per person."

Procedure

COOK THE PASTA

Set a large pot of water on high heat. When it reaches a boil, sprinkle in a little salt and add the pasta to the water.

MAKE A BLACK PEPPER BROTH

While the pasta is cooking, coarsely crush the peppercorns and warm them in a large skillet over medium-low heat. When the aroma of pepper fills the air, the peppercorns are toasted. Pour in half a ladle of the pasta's cooking water to create a pepper broth. Lower the heat and keep it ready for when the pasta is done.

CREATE A PECORINO CREAM

In a small bowl, add the Pecorino cheese and gradually pour in the sparkling water, whisking constantly until it becomes a dense cream.

SAUTÉ THE PASTA IN THE PEPPER BROTH AND ADD THE PECORINO CREAM

Drain the pasta when it's very *al dente*, about 2 minutes less than the recommended cooking time, and put it in the skillet with the black pepper broth.



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"Don't discard the pasta cooking water until you've finished making the dish as you may still need it!"

Sauté the pasta over high heat for the remaining cooking time and add additional cooking water if necessary.

"Sautéing the pasta in the pepper broth is an essential step. When you add cooking water and vigorously stir the pasta, the water turns into a starchy cream that is crucial for the dish's characteristic creamy consistency."

Remove the skillet from the heat and let the pasta sit for 1 minute.

"This brief resting period prevents the Pecorino cream from sticking to the pan and forming lumps."

Incorporate the Pecorino cream into the pasta, stirring energetically. Serve immediately, garnished with extra Pecorino and a dusting of freshly ground black pepper.

HOW TO SERVE CACIO E PEPE

Serve the cacio e pepe pasta piping hot. As it is a first course, it should be served by itself, not accompanied by other dishes.



My notes



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