

Italian / Roman

Main Courses

Authentic Roman Spaghetti

Carbonara (No Cream)

⌚ Prep: 10m

🔥 Cook: 15m

Σ Total: 25m

🍽️ 2 servings



Video ref: Babish Culinary Universe (Andrew Rea)

MISE EN PLACE / INGREDIENTS

[7]

- ☐ 0.5 lb (250g) Bronze-cut durum wheat spaghetti (De Cecco No. 12)
- ☐ 6 oz (170g) Cured pork jowl (Guanciale), cut into 1/3-inch cubes
- ☐ 4 whole Fresh large egg yolks (or pasteurized shell egg yolks)
- ☐ 1 cup Finely grated Pecorino Romano DOP
- ☐ 1.5 tsp Freshly cracked black peppercorns
- ☐ 3 quarts Water (for boiling pasta)
- ☐ 1 tbsp Kosher salt (for pasta water)

🛒 US SUPERMARKET BRAND GUIDE

Guanciale: Authentic Italian Cured Guanciale
High fat content renders into sweet savory liquid gold. • 📍 Italian specialty deli.

De Cecco Spaghetti: De Cecco Spaghetti No. 12
Rough bronze die creates starch-heavy pasta water. • 📍 Pasta section.

COOKING SEQUENCE & CHECKPOINTS

1

Render Guanciale

⌚ 6 min

Cook 6 oz (170g) cubed guanciale in a cold skillet over medium-low heat for 6 minutes until crispy and golden (≥165°F / 74°C) and the fat has rendered.

✓ Checkpoint: Crispy pork bits in liquid gold.

2

Whisk Egg & Pecorino Paste

⌚ 3 min

Whisk the 4 egg yolks, finely grated Pecorino Romano, freshly cracked black pepper, and 2 tbsp of warm rendered guanciale fat in a bowl until a thick paste forms.

✓ Checkpoint: Thick yellow cheese paste.

3

Boil Spaghetti Al Dente

⌚ 7 min

Boil bronze-cut spaghetti in 3 quarts water seasoned with 1 tbsp kosher salt for 7 minutes until firmly al dente. Transfer pasta with tongs directly into the warm skillet with the guanciale.

✓ Checkpoint: Glistening glossy pasta.

4

Off-Heat Mantecatura

⌚ 2 min

Off the heat, add 1/3 cup starchy pasta cooking water and the egg-Pecorino paste. Toss and stir vigorously for 2 minutes until a creamy velvet emulsion coats every strand.

✓ Checkpoint: Silky, creamy yellow carbonara.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 165°F (74°C) RENDERED GUANCIALE / 160°F (71°C) USDA EGG SAFETY MINIMUM (OR USE PASTEURIZED SHELL EGGS)**

The USDA food safety minimum for egg dishes is 160°F (71°C). Because authentic Roman carbonara tempers the egg-and-Pecorino mixture off the heat around 145°F–150°F (63°C–65°C) to prevent scrambling, use pasteurized shell eggs for complete Salmonella safety.

👁️ **MASTER DONENESS CHECKPOINT:**

Velvety yellow emulsion coating every strand of pasta without any scrambled egg curds.

🔬 **WHY IT WORKS:**

Off-Heat Starch Emulsion: Tossing hot pasta with Pecorino, starchy pasta water, and egg yolks off the direct burner emulsifies a glossy sauce around 150°F–160°F (65°C–71°C) without scrambling curds (use pasteurized eggs for strict food safety).

⚠️ **TROUBLESHOOTING:**

Egg scrambled into curds: Always mix pasta and egg custard in a separate bowl off direct burner heat.