

Italian carbonara

Ingredients

Per portion (1 serving):
Around 80g pasta
3 egg yolks
40g parmesan cheese
Few strips bacon: pancetta, streaky etc.
Garlic clove
Salt and pepper



Method



Check with an adult before using the cooker.

Add instructions to the photos in the method to help you make your carbonara. Watch the Youtube clip for making carbonara to help you.

<https://www.youtube.com/watch?v=3igjXtNeEuu>

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment.

Equipment

Frying pan, weighing scales, grater, chopping board, knife, colander, wooden spoon, whisk,

Other ingredients can be added into carbonara, foods that go really well are mushrooms and red pepper (fry these with the pancetta/bacon). Diced chicken works really well in a carbonara too. Other ways to get more vegetables into this meal are to serve it with a big green salad as a side dish, just like the Italian would!

Attend the hob
and don't let it
overheat



Use two
hands to
carry your
pan



Serve with a
vegetable dish eg
coleslaw, green
salad, steamed
broccoli, peas,
carrots etc

Carbonara Evaluation (PMI)

Complete the table below with the Pluses (+) (good points), Minuses (-) (bad points) and Interesting points about your carbonara.

	Pluses (+) (Good)	Minuses (-) (Bad)	Interesting points
Appearance			
Smell			
Taste			
Texture			
Eatwell guide			

Iterations (Improvements) if you made this recipe again

Explain the changes that could be made to this recipe to make a different or better version of carbonara.
