

# Northern *New* *England* Home, Garden, Flower Show

**Chef MARY ANN ESPOSITO, creator and host of the nationally televised PBS series, *Ciao Italia with Mary Ann Esposito*<sup>TM</sup>.**

Just about everyone I know has a recipe for spaghetti alla carbonara. This simple but heavenly dish is said to get its name from the coal miners who could easily make it with readily available ingredients, eggs, cheese, and guanciale, cured and salted, pig's jowl and cheeks. A likely story, but the fact is that this dish is superb when made correctly and a completely balanced meal. The eggs should be of the highest quality and at room temperature so they will mix well with the spaghetti. The cheese should be none other than true Parmigiano-Reggiano, or pecorino Romano. Today, the more readily available pancetta is used in place of guanciale. And a pepper mill is essential for the right grind of black pepper.

## **Spaghetti alla Carbonara Coal Miner Style Spaghetti**

Serves 4  
1 tablespoon olive oil  
4 ounce chunk pancetta, diced  
1/2 pound spaghetti  
3 large eggs at room temperature and lightly beaten  
3/4 cup grated Parmigiano Reggiano cheese  
Good grinding coarse black pepper  
Salt to taste

Heat the olive oil in a small sauté' pan and stir in the pancetta. Cook until crispy. Set aside and keep warm.

Cook the spaghetti until it is al dente, in 4 quarts of rapidly boiling, salted water. Al dente means still firm but no uncooked flour is visible when a strand of spaghetti is broken in half.

Drain the spaghetti in a colander, and save 2 tablespoons of the water. Immediately return the spaghetti to the pot and keeping the heat very low, rapidly stir in the eggs, reserved water, and half the cheese. Combine well. Add the reserved pancetta and any drippings. Stir well. Add a good grinding of the pepper. Transfer to a platter and sprinkle with the remaining cheese. Serve immediately.

**Book Signing immediately following demonstration -- *Ciao Italia Five Ingredient Favorites...* Mary Ann's latest cookbook a must for every cook!**