

LA COLLINA PASTA CLUB

Benvenuto dicembre...

welcome December. We are looking forward to cooking up warm, delicious meals for you all winter long. This week we are bringing you a goat milk alfredo paired with our housemade mafalde.

In the early 20th century, a young Roman chef adapted a centuries old regional dish, Maccheroni Romaneschi, for his wife after she lost her appetite in the weeks after giving birth to their first child. Maccheroni Romaneschi is traditionally made by emulsifying butter and “good cheese” with pasta cooking water, and tossing the sauce with fettucine.

Our young Roman chef, Alfredo DiLelio, added extra butter, and Fettucine Alfredo was born. DiLelio began mixing the pasta tableside, and its popularity exploded. As competing restaurants began selling the dish, DiLelio marketed his version under the name Alfredo to denote its authenticity. In the United States, the butter was accompanied then eventually replaced by heavy cream. For Pasta Club, we have replaced the heavy cream with goat milk for a new take on this decadent sauce.

BUON APPETITO!

MAFALDE ALFREDO

INCLUDED IN YOUR KIT

- **1 pound - Mafalde Pasta** *(contains gluten)*
- **24 ounces - Goat Milk Alfredo** *(contains dairy)*
- **Spiced Breadcrumbs** *(contains gluten and capsaicin)*
- **Walnut Almond Biscotti** *(contain nuts, gluten, egg)*

STORAGE

Pasta | Mafalde is a semi-dry pasta and should be refrigerated until use. Use within one week.

Sauce | The sauce should be refrigerated until use. It can be kept in the refrigerator for up to five days unopened. Once the jar is opened, the sauce should be used within two days.

PREPARATION

one | Bring a pot of water to a rapid boil. Lightly season with salt.

two | Stir in the pasta, and cook for 5-7 minutes. The pasta should still be quite chewy. Drain the pasta, reserving 1/4 cup of pasta cooking water.

three | Heat the sauce in a separate pan, add 1/4 cup reserved pasta cooking water. Toss with cooked pasta to incorporate.

four | Continue to cook on high heat, while stirring, until the sauce starts to stick to the noodles.

five | To serve, spoon into your favorite bowl and sprinkle with spiced breadcrumbs.

NOTES

FROM THE KITCHEN

Thoughts on the Sauce: While classic Alfredo sauce is made with heavy cream, at La Collina, we love using nutrient-rich goat milk. Not only is goat milk easy on the stomach, it is also delicious in its own right!

Thoughts on the Pasta: Mafalde (ma-FALL-duh) is a ribbon pasta characterized by a delicate ruffle along the edge. Mafalde is named for Princess Mafalda of Savoy. Some refer to this pasta as *mafaldine*, little mafaldas, or *reginette*, little queens.

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Please Reuse | Use your La Collina tote bag for each pick up!

Please Recycle | Return your glass jar at your next pickup and we'll give you 100 Reward Points.

Contact Us | For any changes to your Pasta Club order, please email us at lacollina@easternpointdc.com

Snap a Pic | We can't wait to see you cooking, enjoying, and sharing your Pasta Club Meals [#dcpastaclub](https://www.instagram.com/dcpastaclub)