



## **Name of the recipe: Spaghetti carbonara**

**Adapted by International Affairs Office – Pippa Kendrick – The Intolerant Gourmet cookbook**

**Make sure you have everything you need and place them on your kitchen counter. This is called “mise en place” (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!**

### **Ingredients:**

1. Spaghetti for 6
2. 50 grs walnuts
3. 150 ml light double cream
4. 175 grs pancetta
5. 2 cloves garlic
6. A small bunch parsley
7. 1 tbsp olive oil
8. Salt & pepper

### **To prepare:**

1. Dry-fry the nuts over a medium-high heat for 3-4 minutes or until golden brown, shaking the pan regularly to ensure they don't burn.
2. Remove from the heat and allow to cool slightly. Use the food processor and grind them to the consistency of fine breadcrumbs.
3. Mix with the cream together in a bowl, add ½ tsp salt and whisk together until you have a rich and creamy sauce.
4. Cut the pancetta into 5 mm cubes, crush the garlic and finely chop the parsley.
5. Pour the olive oil into the heavy based frying pan and heat over a medium high heat, then add the pancetta and garlic and sauté for 4-5 minutes or until golden and crispy.
6. Meanwhile cook the spaghettis al dente.
7. Pour the cream sauce over the fried pancetta and mix thoroughly, then heat through gently so that it becomes hot but doesn't boil.
8. Once the spaghetti is ready, drain and return to the pan, pour over the sauce and combine gently.
9. Serve hot with the chopped parsley and a little freshly ground pepper.

### **Optional:**

For a dairy free meal, substitute the double cream for coconut cream or oat cream.