

Pasta Alfredo / Chicken Alfredo

***Personal Recipe**

1 Pint Heavy Cream (Sometimes called Heavy Whipping Cream or Whipping Cream)
1 cup Milk (Whole or 2% Milk only.)
½ stick of Butter (Do not use margarine, it separates)
1 Cup freshly grated Parmesan Cheese.
1 clove of Garlic (1 tsp Garlic powder may be substituted)
Dash of Black Pepper
Dash of Salt

For Chicken Alfredo: add an additional ½ cup Grated Parmesans or ½ cup Mozzarella cheese.

Sauté the Garlic if desired.

In a saucepan pour the cream, Milk and add the Butter and Olive Oil. Apply medium heat stirring frequently until the Butter completely melts. Add the Black Pepper & Garlic the Salt, and cook over medium-low heat for about 30 minutes stirring frequently to ensure it does not boil over.

For Chicken Alfredo: slice Chicken into small squares or strips, grill or fry in a pan over medium heat. Olive Oil or Butter are best for pan-frying Chicken.

Add the Parmesan cheese and lower the heat a bit. Stir the grated cheese vigorously to ensure complete integration. Cook for another 20 minutes stirring vigorously ever 5 to 10 minutes or so to prevent the cheese from separating or clumping. The time is an estimate; you want the sauce to achieve a creamy thickness. When the desired consistency is achieved turn off the sauce but continue to stir vigorously every 5 minutes or so until you're ready to serve.

For Chicken Alfred: Pour Alfredo sauce over the pasta, arrange the Chicken over the pasta and sprinkle the Parmesan /Mozzarella over the dish and microwave for 1 minute to aid in melting the cheese.