

7 Authentic Italian Pasta Recipes



Modern presentation.
Traditional flavor.

Made in Italy 

Italian cooking is not about complexity.
It is about respect.

Respect for ingredients.
Respect for technique.
Respect for tradition.

In this guide, you'll find seven classic
pasta recipes made the authentic way

— inspired by dishes like Spaghetti
Carbonara and Cacio e Pepe.

No unnecessary ingredients.

No shortcuts.

Just real Italian flavor 🇮🇹

Let's begin.



THE 7
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Spaghetti Carbonara

- **Serves: 2**

Time: 20 minutes

Ingredients

- 200g spaghetti
- 120g guanciale (or pancetta if unavailable)
- 2 large egg yolks + 1 whole egg
- 60g Pecorino Romano (finely grated)
- Freshly ground black pepper
- Salt

Method

- Bring salted water to a boil and cook spaghetti until al dente.
- Cut guanciale into small strips.
- Cook guanciale in a cold pan over medium heat until crispy and golden. Do not add oil.
- In a bowl, whisk egg yolks, whole egg, Pecorino, and black pepper.

- Reserve $\frac{1}{2}$ cup pasta water before draining.
- Add hot pasta to the pan with guanciale (heat off).
- Pour egg mixture over pasta. Toss quickly.
- Add small amounts of pasta water until creamy and glossy.

Authentic Tip

Never add cream. The sauce is created from eggs + cheese + pasta water.

Cacio e Pepe

Serves: 2

Time: 15 minutes

Ingredients

- 200g tonnarelli or spaghetti
- 80g Pecorino Romano
- Freshly cracked black pepper

Method

- Toast black pepper in a dry pan until fragrant.
- Cook pasta in lightly salted water.
- Reserve pasta water.
- Mix grated Pecorino with warm (not boiling) pasta water to form a thick paste.
- Add pasta to the pan with pepper.
- Remove from heat.
- Stir in cheese paste gradually until creamy.

Authentic Tip

If cheese clumps, temperature is too high.

Penne all'Arrabbiata

Serves: 2

Time: 25 minutes

Ingredients

- 200g penne
- 2 garlic cloves
- 400g crushed tomatoes
- 1 fresh chili (or chili flakes)
- Extra virgin olive oil
- Fresh parsley
- Salt

Method

1. Gently sauté garlic and chili in olive oil.
2. Add tomatoes and simmer 15–20 minutes.
3. Cook penne al dente.
4. Combine pasta with sauce.
5. Finish with parsley and olive oil.

Authentic Tip

Arrabbiata means “angry” – it should have heat.

Pasta alla Norma

Ingredients

- 200g rigatoni
- 1 eggplant
- 400g tomato sauce
- Ricotta salata
- Fresh basil
- Olive oil

Method

- Slice eggplant and salt for 20 minutes.
- Pat dry and fry until golden.
- Heat tomato sauce.
- Cook pasta.
- Combine and top with grated ricotta salata + basil.

Pesto alla Genovese

Ingredients

- 50g fresh basil
- 30g pine nuts
- 50g Parmigiano Reggiano
- 1 garlic clove
- 100ml olive oil
- Salt

Method

- Crush garlic and pine nuts first.
- Add basil gently (do not overheat).
- Stir in cheese and olive oil slowly.
- Mix with pasta off heat.

Authentic Tip

Never cook pesto directly.

Lasagna alla Bolognese

Ingredients

- Fresh lasagna sheets
- Beef ragù
- Béchamel sauce
- Parmigiano Reggiano

Method

- Spread thin layer of ragù.
- Add pasta sheet.
- Add ragù + béchamel.
- Repeat layers.
- Finish with Parmigiano.
- Bake at 180°C for 35–40 minutes.
- Rest 15 minutes before slicing.

Aglio e Olio

Serves: 2

Time: 15 minutes

Ingredients

- 200g spaghetti
- 3 garlic cloves
- Chili flakes
- Extra virgin olive oil
- Fresh parsley
- Salt
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Method

- Gently heat sliced garlic in olive oil.
- Do not let it brown.
- Add chili flakes.
- Add cooked pasta + splash of pasta water.
- Toss and finish with parsley.

Authentic Tip

Remove garlic if it starts turning dark.

Italian food is not about
perfection.

It is about balance.

Respect the ingredients.

Keep it simple.

Cook with intention. 🇮🇹

Follow for more authentic Italian
recipes.