

Killer Alfredo Sauce

I'm known for making food that is more about taste than health value. I decided to make a version of "Heart Attack on a Platter" just to see how much fat I could cram into one dish. I think this one should do it.

Prep time: 5 minutes

Cook time: 5 minutes

Inactive cook time: 1 1/2 hours (or more)

Serves 8 (Main Course)

4 Cloves Garlic Minced

1 Shallot Minced

1 Cup Cream

1/2 Cup Butter

3 oz Parmigiano-reggiano cheese grated (you can also split between this and Pecorino Romano)

12 Cranks of Pepper (I use a five pepper mix). This is in homage to Rich LoRusso's spectacular recipe for Tenderloin Mudega.

Put the cream in a 1 quart sauce pan and simmer over the lowest heat possible. Add the garlic and shallots. Simmer for about an hour stirring occasionally. Add the butter and continue to stir occasionally for about 1/2 an hour. You'll know you need to stir when it starts to get "foamy". Remove from the heat and add the cheese. I like to use one of those cheese grinders like they have at Olive Garden. Yeah, I eat there sometimes. Stir at about 1/3 intervals. In other words, add 1/3 the cheese, stir, add another 1/3 cheese, I think you get the point.

Once the cheese is thoroughly blended in, crank in the pepper. The sauce can be reheated, but you'll need to whisk it to get it smooth.