

How to cook...

Chicken Alfredo

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Introduction

I love chicken alfredo. I think it is a perfect meal for both family and friends to enjoy. I can say that throughout my years of eating and experimenting on a wide variety of food that chicken alfredo has to be one of my most beloved italian cuisine. It is absolutely delicious how well the sauce, meat and cheese are steaming and ready to get devoured. Personally, my favorite part about the food is the creamy cheese. It is melted to a good degree and is very pleasing to us all, well, for those that are not lactose intolerant. The best part about preparing the dish is that you can add any other kind of seasoning towards the meal, for instance, cajun.

I think it is best to say that if you want to prepare it the right way you can always go look online or purchase a cook book at your local book store. This will be a very fun exercise and tutorial on how to prep and cook this delicious cuisine. Please, be careful.

Chapter 1

Ingredients

You will need:

Kosher salt (1)

Fettuccine (12 oz)

Olive oil

Skinless, boneless chicken
breasts (2 12 oz)

Black pepper

Unsalted butter (1 stick, 8 tbs)

Heavy cream (2 cps)

Nutmeg (2 pinches)

Parmigiano-Reggiano cheese
(1 1/2 cps)

Chapter 2

Preparation

You will have to get a large pot and add water to boil for the pasta.

Once the water is boiling add the pasta and salt.



It will take about 16 to 20 minutes for the water to boil. Make sure that the stove is on medium heat.

Chapter 3

Cook Time

When the pasta is cooked and softened. drain the water out of the pot and add the olive oil inside of the pot (not too much). Cut the chicken into thick strips and add the salt and pepper. If you want to add in cajun seasoning then you can. (this is optional.

Next, you will need to heat up a large skillet on low-medium heat for the butter and add 2 tbs. Once the butter is heated add the sliced chicken. Check to see how brown it is under and if it is then flip it on its side. When it is fully cooked put the chicken in a seperate bowl. I would recommend you to clean and re-heat the skillet. Then, add in 6 tbs of butter.

Re-heat the skillet and add in 2 tbs of butter. Once you

see that the butter is melted you will then have to add the heavy cream and nutmeg to a simmer. cook them for about 3 minutes and keep the heat on low to keep them warm. Mix the Parmigiano-Reggiano cheese with the sauce in the skillet and then mix the cooked chicken and pasta along with the sauce and serve onto plates and bowls. (Cajun seasoning is optional).

Conclusion

Finally, you are now ready to taste the finished product. I hope you will enjoy this tasty dish and you may even want to invite your family or

friends to try out your new addition to the menu.

Best wishes! Enjoy!



Taste the food and see how well you seasoned and cooked everything through. You can always make your cooking better than the last. You might even come up with some new tricks!

Outro

Cited sources:

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<http://www.foodnetwork.com/recipes/food-network-kitchens/chicken-fettuccine-alfredo.html>

