

Homemade Alfredo Sauce

Rich, creamy homemade Alfredo sauce with butter, cream, and Parmesan cheese. Ready in 15 minutes. Perfect for pasta, chicken, and vegetables.

5	10	15	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Homemade Alfredo Sauce

Ingredients

- 1 cup butter
- 1 cup heavy cream
- 2 clove garlic
- 1 cup parmesan cheese
- 1 cup parsley
- 1 pinch salt
- 1 pinch black pepper

Instructions

- 1 Prepare the Base**

Heat a large skillet or saucepan over medium-low heat. Add 1/2 cup butter and melt completely without browning, about 2-3 minutes.
- 2** Add 2 minced garlic cloves to the melted butter and cook for 30-45 seconds, stirring constantly until fragrant but not browned.
- 3 Add the Cream**

Slowly pour in 1 cup heavy cream while whisking constantly to prevent lumps from forming. Continue whisking until completely combined.
- 4** Bring the mixture to a gentle simmer over medium-low heat, stirring occasionally. The cream should bubble lightly around the edges but not boil vigorously, about 3-4 minutes.
- 5 Add the Cheese**

Reduce heat to low and gradually add 1 cup freshly grated Parmesan cheese, about 1/4 cup at a time, whisking constantly until each addition melts completely before adding more.
- 6** Continue cooking for 2-3 minutes, whisking frequently, until the sauce coats the back of a spoon and is thick enough to cling to pasta.
- 7 Season and Finish**

Remove from heat and season with 1 pinch of salt and 1 pinch of black pepper. Taste and adjust seasoning as needed.
- 8** Serve immediately while hot over freshly cooked pasta or use as desired. The sauce will thicken as it cools.

Tips

Use freshly grated Parmesan cheese rather than pre-grated for the smoothest sauce texture and best flavor. Pre-grated cheese contains anti-caking agents that can make your sauce grainy.

Keep the heat at medium-low throughout cooking to prevent the cream from breaking or the cheese from becoming stringy. High heat will cause the proteins to seize up.

Add the Parmesan cheese gradually while whisking constantly. This ensures even melting and prevents clumping that can create a lumpy sauce.

Save some hot pasta cooking water before draining. The starchy water helps bind the sauce to pasta and can thin an overly thick sauce.

If your sauce becomes too thick, whisk in warm milk, cream, or pasta water one tablespoon at a time until you reach the desired consistency.

For the richest flavor, use real butter rather than margarine, and opt for heavy cream with at least 35% fat content for the best texture.

Taste and adjust seasoning at the end, as Parmesan cheese adds saltiness. White pepper is preferred over black pepper for appearance, but either works fine.

Serve immediately after making for the best texture. Alfredo sauce doesn't hold well and is best enjoyed fresh and hot.