

Tagliatelle Carbonara Al a Fungi

(Served with Garlic Dough Balls)

A delicious pasta dish in a light and creamy béchamel sauce.
This dish can be served with either meat or fish as its base.
Ham/Bacon/Chicken or Smoked Salmon/Mussels/Cod/Prawns

Ingredients:

1-2 Tbls Plain White Flour
1-2 oz Butter or Margarine
1 Small tub crème Fresh
1 Pint of Semi Skimmed Milk
1 Tsp Crushed Garlic
1 large onion Copped
4-6 Mushrooms chopped
Meat or Fish or your Choice diced
Pinch mixed Herbs or Fresh chopped Dill for Fish
Salt/Pepper to taste

1 large bag Paste Tagliatelle/Verdi

Method:

Bring a large pan of water to the boil, add the pasta and reduce heat to simmer. In a second smaller pan fry onions until soft and translucent, add and lightly fry mushrooms and garlic then stir in the herbs, salt and pepper. Remove from heat and place in a heatproof bowl until needed. Using the unwashed pan (preserve the flavours) melt your butter and add your flour to make a roué, begin to add your milk a little at a time whisking briskly to ensure there are no lumps. Add the crème fresh and slowly bring to a light boil, reduce heat and add meat or fish of your choice. Add the onions and mushrooms to the sauce. Allow to stand off the heat, stirring occasionally to stop a skin forming. Check pasta to see if tender, remove from heat and drain. Place back into the large empty pan and pour over the sauce mix and stir in. serve immediately.

This dish can also be turned into a pasta bake to be served later when placed in an oven proof dish and topped with grated cheese or can be left to cool and portioned into bags for home freezing.

Using your Bread Dough recipe, roll dough into small balls and coat individually with garlic butter, bake in the centre of the oven until golden.