

CHEF SARA RHODES

ALFEDO SAUCE

Olive oil

½ of medium shallot, finely chopped

6 cloves garlic, finely chopped

1/3 cup white wine

2 ½ cups heavy cream

1 ½ cups grated parmesan cheese

Dash of nutmeg

1 Tbsp. butter

Heat oil in heavy sauce pan. Add shallot and sauté for a minute. Add garlic and sauté another minute. Add white wine and cook until pan is almost dry. Add cream and simmer until cream coats the back of the spoon. Add cheese and stir until melted. Add nutmeg and butter.

