



The Best Spaghetti Carbonara Ever! Ready in 20 minutes

A classic carbonara recipe that will serve you well in years to come

Ingredients

250g spaghetti
butter
1 **shallot** , finely chopped
2 **garlic cloves** , finely chopped
6 rashers of streaky **bacon** , chopped
2 **eggs**
142ml carton single cream
25g **parmesan** , finely grated

Method

1. Boil a large pan of water and cook the pasta following the packet instructions.
2. Meanwhile, heat a knob of butter in a small frying pan and cook the shallot, garlic and bacon for 5-7 minutes until golden.
3. Beat together the eggs, cream, most of the parmesan and plenty of ground black pepper.
4. Drain the spaghetti and return to the pan, off the heat.
5. Add the shallot and egg mixtures and toss together until the pasta is evenly coated.
6. Divide between two bowls then scatter the rest of the parmesan over, with a grinding of black pepper to serve.

Foods in Season - October

Radicchio, Swiss and Ruby Chard, Fennel, Peppers, cultivated **Mushrooms, Onions** and **Calabrese (sprouting broccoli)** are all at their peak just now as are all types of **British Pears** and **eating Apples, Strawberries** and **Raspberries** are pretty much over, but coming in are **Brussels Sprouts, Red Cabbage, Swede, Parsnips, wild Mushrooms, Turnips** and **Cabbage**.

Root crops come into their own this month, check with your fishmonger what's best this month but **Brill, Cod, Haddock, Whiting** and **Turbot** should be available, best buy in fish this month is the autumn **Herring**.