Heavy Cream for Chicken Alfredo

RECIPE • Italian / Italian-American • Serves 4



Heavy cream gives chicken Alfredo a rich sauce base; gently simmer it and add Parmesan over low heat.

PREP	COOK	TOTAL	YIELD
15 min	20 min	35 min	4 servings

Ingredients

- 12 oz (340 g) fettuccine
- 1 lb (450 g) chicken breast
- 1 1/2 cups (360 ml) heavy cream
- 1 cup (100 g) finely grated Parmesan
- 2 tbsp butter
- garlic
- nutmeg
- olive oil
- parsley.
- Salt and pepper (amounts not specified in importer)

Ingredient notes

Heavy cream is the sauce base; simmer gently and add Parmesan over low heat.

Heavy Cream for Chicken Alfredo — Method

Follow each step in order. Use a food thermometer to verify chicken is safe to eat.

Instructions

1. Cook fettuccine al dente and reserve 1/2 cup pasta water. Season chicken and sear in oil until browned and 165°F (74°C) at its thickest point; set aside.

2. Melt butter over medium-low heat. Add garlic, heavy cream and nutmeg; bring to a gentle simmer for 3 to 4 minutes.

3. Reduce heat and whisk in finely grated Parmesan until smooth.

4. Add pasta and chicken, toss until coated, thin with pasta water if needed and garnish with parsley.

Doneness & safety

For raw poultry, use a food thermometer and cook chicken to at least 165°F (74°C) at its thickest portion. For casseroles, check the center reaches 165°F (74°C). Color and timing alone do not establish safety. Reheat leftovers to 165°F (74°C).

Helpful tips

Heavy cream is the sauce base; simmer gently and add Parmesan over low heat. For raw chicken, wash hands and clean tools and surfaces after contact.

Common mistakes

Do not rely on color or timing alone for chicken doneness. Avoid boiling cream-and-cheese sauces hard. Keep raw chicken separate from cooked food.

Serving

Serve hot with parsley or a suitable side. Add extra grated cheese or black pepper when appropriate.

Storage

Refrigerate leftovers promptly in shallow, covered containers within 2 hours, or within 1 hour when ambient temperature exceeds 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days.

Freezing

Cool promptly, pack airtight and freeze at 0°F (-18°C) for best quality. Cream sauce, pasta and vegetables may change texture after thawing. Thaw in the refrigerator.

Reheating

Reheat leftovers covered on the stovetop over low heat or in the microwave, stirring for even heating, until 165°F (74°C). Add a splash of broth or water to loosen sauce. Do not reheat leftovers in a slow cooker.

Sources

Food Network Kitchen — heavy cream and Parmesan Alfredo sauce method reference

https://www.foodnetwork.com/recipes/food-network-kitchen/chicken-fettuccine-alfredo-3364118 USDA FSIS — chicken safety and internal-temperature guidance

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/poultry/chicken-farm-table USDA FSIS — leftovers, cooling, refrigeration and reheating guidance

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety USDA FSIS — safe handling and temperature chart

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe