

House Pasta Master Reference

パスタ基本フレームワーク集

1. Butter–Olive Oil Base

- 1 T olive oil + 1 T butter
- 60–100 ml pasta water
- Add protein + herbs
- Toss until glossy



2. Garlic Oil Base

- 2 T olive oil
- Gently cook garlic (no browning)
- Add pasta water
- Optional chili



3. Light Cream Base

- Small amount cream
- Add pasta water
- Optional yogurt finish
- Keep light, not heavy



4. Tomato Base

- Tomatoes + olive oil
- Garlic/onion
- Light reduction
- Finish with pasta water



5. Cheese Emulsion Base

- Cheese + pasta water
- Low heat only
- Stir to emulsify
- No boiling



6. Simple Carbonara (No Bacon)

Ingredients (2 servings):

- 160 g pasta
- 2 eggs + 1 yolk
- 40 g Parmesan
- Black pepper
- 1/2 tsp olive oil



Steps:

- Cook pasta; reserve 100 ml water.
- Mix eggs + cheese + pepper in bowl.
- Toss hot pasta with a little oil.
- Remove from heat.
- Add egg mixture + small pasta water.
- Stir quickly to create creamy sauce.

Key:

- Heat must be OFF when adding eggs
- Add water gradually to control texture

Core Rules

- Pasta water creates sauce
- Keep sauce loose and glossy
- Finish in pan, not plate
- Adjust salt at the end

Italian + Japanese + Decision Flow

イタリアン + 和風 + 判断フロー

Quick Decision Flow

1. Protein:

- Shrimp → Butter/Oil or Soy Butter
- Chicken → Light Cream or Miso Butter
- None → Garlic Oil or Cheese

2. Mood:

- Light → Butter/Oil or Dashi
- Comfort → Cream or Miso
- Rich → Carbonara
- Fresh → Tomato or Soy-Garlic

3. Finish:

- Herbs (basil, parsley)
- Lemon (brightness)
- Cheese (richness)
- Nuts (texture)

Italian Frameworks

1. Butter–Olive Oil: 1 T oil + 1 T butter + pasta water
2. Garlic Oil: oil + garlic (no browning) + pasta water
3. Light Cream: small cream + pasta water
4. Tomato: tomatoes + oil + garlic + light reduction
5. Cheese Emulsion: cheese + pasta water (low heat)
6. Carbonara (no bacon): eggs + cheese + pasta water (off heat)

Japanese Frameworks

1. Soy Butter: butter + 1–2 tsp soy
2. Miso Butter: butter + 1–2 tsp miso
3. Soy Garlic Oil: oil + garlic + soy
4. Dashi Light Sauce: dashi + butter/oil
5. Soy/Miso Cream: light cream + soy or miso

Core Rules

- Always reserve pasta water
- Sauce = fat + pasta water (emulsion)
- Keep sauce loose, not dry
- Finish in the pan
- Adjust salt/MSG at end
- Add fresh elements last