CARBONARA

RECIPE MAP

Diagram updated: 25th October 2026

TEAMWEIRD

TEAMCREAM

TEAMEGGS

2020s 2010s 2000s 1990s 1980s 1970s 1960s 1950s 1940s 1930s 1950s 1960s 1970s 1980s 1990s 2000s 2010s 2020s

ITALY
CACIO E OVA
Ippolito Cavalcanti
Cucina Teorico-pratica
(2nd Ed), 1839
Eggs, Cheese, Lard, Onion, Black Pepper

ITALY
PACELLI'S PAPALINA
mid-1930s,
Cesare Simmi @ La Cisterna
Cream, Eggs, Onion, Parmesan, Prosciutto Crudo

ITALY
PASTA ALLA GRICIA
from the Lazio Culinary Tradition
pre-20th Century?
Guanciale, Pecorino, Black Pepper

ITALY
UMBRIAN STRASCINATI TRADITION
pre-1930s
Pork, Sausage, Eggs, Cheese, Pepper

ITALY
PASTA with BUTTER & CHEESE
possible contributing lineage
Butter, Cheese

1930s

ITALY
STRASCINATI
Touring Club Italiano, 1931
Eggs, Sausages, Fatty and Lean Pork (Pancetta?), Cheese, Black Pepper

?
ITALY
LIBERATION CARBONARA
Mario Gualandi, 1944
Spaghetti, Eggs, Cream, Grated Cheese, Parmesan, Smoky Bacon, Pancetta or Egg, Cream or Cheese, Black Pepper

?
ITALY
TRASTEVERE CARBONARA
Dan Knorrier, 1939
Last confirmed appearance. Unknown ingredients.

ITALY
FABRIZI CARBONARA
La Croix du Nord, 2015/1952
Lard, Fatty Pork, Pecorino, Egg Yolks, Butter, Oil, Black Pepper

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ITALY
ELIZABETH DAVID'S CARBONARA
'Italian Food,' Nov 1954
Bacon, Eggs, Butter, Parmesan

ITALY
FELICE CUNSOLO'S STRASCINATI
'Gli Italiani a Tavola,' Felice Cunsolo, 1959
Fatty and Lean Pork, Sausage, Whole Eggs, Grated Cheese

ITALY
CUCINA ITALIANA CARBONARA 60
March 1960
Pancetta, Eggs, Pecorino, Parmesan, Lard

ITALY
ADA BONI'S CARBONARA v2
1964
'Il Piccolo Talismano della Felicità,'
Eggs, Pancetta, Gruyère, Salt, Pepper

ITALY
ADA BONI RIGATONI CON SALSICCE e UOVA
'Il Talismano della Felicità,'1952
Sausages, Butter, Oil, Broth
Eggs Parmesan

ITALY
BASLINI CARBONARA
Anna Baslini, 1972
'Il Pavone della Tavola',
Guanciale/Pancetta, Yolks, Pecorino, Butter, Black Pepper

ITALY
SANTI & BRERA CARBONARA
Carlo Santi & Bruno Brera, 1966
'Il Grande Libro di Cucina,'
Guanciale, Yolks, Pecorino, Butter, Black Pepper

ITALY
SANTA MARIA CARBONARA
Spaghetti alla Carbonara
'Il Santa Maria in Trastevere, 1957
Gold Westbury & Donald Downes
Pancetta, Lard, Onion, Eggs, Parmesan, Pecorino, Butter, Olive Oil, Black Pepper

ITALY
ADA BONI'S CARBONARA v1
1954
'Il Talismano della Felicità,'
Eggs, Pancetta, Butter, Parmesan, Onion, Parsley, Black Pepper, White Wine

ITALY
THE GRUYÈRE & GARLIC CARBONARA
Cucina Italiana, August 1954
Pancetta, Eggs, Gruyère, Garlic, Black Pepper

ITALY
LA CISTERNA'S PAPALINA
RAI TV Retiree, 20/2/55
(Recipe reported as attributed to Pope Sixtus V)

ITALY
LUIGI CARNACINA'S CARBONARA
'La Grande Cucina,' 1960
Guanciale, Eggs, Parmesan, Cream, Oil, Butter, Black Pepper

ITALY
CARNACINA-VERONELLI FETTUCCINE ALLA PAPALINA
'La Cucina Ruttica Regionale, vol. 2,' 1974
Guanciale, Eggs, Onion, Parmesan, Prosciutto Crudo, Butter, Cream, Pepper

ITALY
CARNACINA CARBONARA
Luigi Carnacina, 1971
'In Cucina con Allegria'
Guanciale/Pancetta, Yolks, Pecorino/Parmesan, Butter, Oil, Optional Cream, White Pepper

ITALY
CARNACINA-VERONELLI STRASCINATI ALLA MANIERA DI CASCIA
'La Cucina Ruttica Regionale, vol. 2,' 1974
Fresh Pork, Sausage, Eggs, Cheese, Wine, Onion, Carrot, Celery, Black Pepper

ITALY
MILLERCETTE CARBONARA
1965
Pancetta, Eggs, Cream, Parmesan, Butter, Oil, Black Pepper

ITALY
DESSI'S CARBONARA
Fabi Dessi, 1955
'Le Signore in Cucina,'
Pancetta, Eggs, Parmesan or Pecorino, Black Pepper

ITALY
DE RUGGERI CARBONARA
Luisa De Ruggeri, 1959
'Le Ricette Regionali'
Smoked Pancetta, Eggs, Parmesan, Butter, Onion, White Wine, Black Pepper

ITALY
FELICE CUNSOLO'S CARBONARA
'Gli Italiani a Tavola,' Adrian Consolo, 1959
Pancetta, Oil, Garlic, Onion, Vinegar /Wine, Whole Eggs, Pecorino, Parsley, Pepper, Salt

ITALY
ZOZZONA
Various attestations to 1960s
Guanciale, Sausage, Onion, Tomatoes, Yolks, Pecorino

ITALY
GOSETTI DELLA SALDA CARBONARA
Anna Gosetti della Salda, 1967
'La Ricette Regionali Italiane'
Guanciale, Eggs, Pecorino, Parmesan, Strutto/Oil/Butter, Garlic, Black Pepper

ITALY
GIUALTIERO MARCHESI'S CARBONARA
'La cucina regionale italiana,' 1989
Guanciale, Yolks, Pecorino, Cream, Black Pepper

ITALY
PAVAROTTI CARBONARA
Fred Plotkin Guide to Pavarotti, 1985
Authentic Pasta,'
Pancetta, Pecorino, Eggs, Parmigiano/Pecorino, Butter, Oil, Black Pepper

ITALY
JANNATTONI CARBONARA
'Luna Jannattoni, 1991
'Le Cucine Regionali Italiane'
Guanciale/Pancetta, Eggs, Pecorino/Parmesan, Oil, Black Pepper

ITALY
NUVOLETTI CARBONARA
Giovanni Nuvoletti, 1996
'Cucina Italiana'
Guanciale, Whole Eggs & Yolks, Pecorino, Parmesan, Butter, Pepper, Pasta Water

ITALY
SPAGNOL CARBONARA
Elena Spagnol, 1999
'Le Gioie della Cucina'
Pancetta, Eggs, Parmesan, Butter

ITALY
GIALLOZAFFERANO CARBONARA
www.giallozafferano.it
2009, revised 2017
Guanciale, Pecorino, Whole Eggs(2009) Yolks(2017), Black Pepper

ITALY
CARBOCREMA CARBONARA
Luciano Monosilio Cucina Italiana, c.2012
Guanciale, Egg Yolks, Pecorino, Grana Padano, Black Pepper

ITALY
MONTELEONE CARBONARA
Mark Gowen, 3/5/22,
Revised 14/5/2025
Sausage, Guanciale, Eggs, Pecorino

UNITED KINGDOM
TESCO CARBONARA
tesco.co.uk 2026
Ham, Eggs, Gruyère, Shallots, Garlic, Butter, Mushrooms, Thyme, Cream, Pepper

UNITED KINGDOM
PUMPKIN CARBONARA
Mark Gowen 15/11/2022
Pumpkin, Cream, Pecorino, Parmesan, Garlic, Wine, Smoked Bacon, Pancetta, Nutmeg, Almonds, Black Pepper, Smoked Paprika

UNITED KINGDOM
COURGETTE CARBONARA
Jamie Oliver, 2007
Pecorino, Courgettes, Pancetta, Egg Yolks, Cream, Parmesan, Thyme, Black Pepper

UNITED KINGDOM
READER'S DIGEST CARBONARA
1991
'Eat Better Live Better: The Family Guide to Healthy Eating,'
Spaghetti / Wholemeal Spaghetti, Olive Oil, Onion, Smoked Bacon, Eggs, Milk / Double Cream, Mature Cheddar / Parmesan, Parsley, Black Pepper

UNITED KINGDOM
SOHO CARBONARA
Mark Gowen recollection, Dec 1981
Bacon, Cream, (possible yolks)
Parmesan, Black Olives

UNITED KINGDOM
JENI WRIGHT'S CARBONARA
Easy Italian 1986
Olive Oil, Onion, Garlic, Pancetta / Streaky Bacon, Optional White Wine, Eggs, Parmesan, Single Cream, Parsley, Black Pepper

UNITED KINGDOM
DAIRY BOOK CARBONARA
The Dairy Book of Family Recipes,1983
Streaky Bacon, Cream, Cheese, Eggs, Parsley

UNITED KINGDOM
JACKIE BURROWS CARBONARA
Jackie Burrows, 1990
'The Encyclopedia of Pasta Cookery'
Bacon, Eggs, Single Cream, Parmesan, Olive Oil or Butter, Black Pepper

UNITED KINGDOM
ALLISON & BIELFELDT'S CARBONARA
Sonia Allison and Ulrike Bielfeldt, 1973
'The Gourmet's Guide to Italian Cooking
Bacon, Olive Oil, Eggs, Single Cream, Parmesan

UNITED KINGDOM
GOOD HOUSEKEEPING CARBONARA
GH Step-by-Step Cook Book, 1980
Streaky Bacon, Cream, Parmesan, Eggs

UNITED KINGDOM
SMOKED SALMON CARBONARA
Mark Gowen 2022
Smoked Salmon, Yolks, Pecorino, Black Pepper

UNITED KINGDOM
ZOZZONA
Mark Gowen, 11/2/2022
Eggs, Pecorino, Smoked Bacon, Sausage, Tomato, Onion, White Wine, Cayenne Pepper

UNITED KINGDOM
CHORIZO CARBONARA
Jamie Oliver,
Jamie's 15-Minute Meals, 2012
Chorizo, Chilli, Rosemary, Garlic, Egg, Lemon, Manchego Cheese, Natural Yoghurt

UNITED KINGDOM
BRITISH CARBONARA
Jamie Oliver,
Save with Jamie, 2013
Smoked Bacon, Egg, Cheddar, Garlic, Rosemary

UNITED KINGDOM
SKINNY CARBONARA
Jamie Oliver,
Everyday Super Food Food 2015
Wholemeal Spaghetti, Peas, Bacon, Whole Egg, Yoghurt, Garlic, Basil, Lemon.

UNITED KINGDOM
ZOZZONA / CARBOZZONA
Mark Gowen, 2023
Eggs, Pecorino, Smoked Bacon, Sundried Tomatoes, Black Pudding

UNITED KINGDOM
CHESTNUT CARBONARA
Jamie Oliver,
5 Ingredients Mediterranean, 2022
Smoked Pancetta, Chestnuts, Yolks, Pecorino, Black Pepper

UNITED KINGDOM
GOOSE RAGÙ CARBONARA
Marchesel, 2017
Goose Eggs, Black Truffles, Carbonara Sauce

CANADA
ZOZZONA
Pino Bracciroli, 8/2/2021
Eggs, Pecorino/Guanciale, Sausage, Tomato, Onion, White Wine, Black Pepper

UNITED KINGDOM
PESTONARA
Mark Gowen 9/2026
Eggs, Pecorino, Pesto Genovese, Smoked Pancetta, Garden Peas

UNITED KINGDOM
SMOKED MACKEREL CARBONARA
Jamie Oliver,
Save with Jamie, 2012
Smoked Mackerel, Eggs, Milk, Parmesan, Onion, Courgettes, Rosemary

UNITED KINGDOM
CARBERONATA
Mark Gowen 9/2026
Eggs, Pecorino, Yolks, Yeboja, Red Peppers, Sausage

UNITED KINGDOM
CARBOZZONA
Mark Gowen 4/2022
Eggs, Pecorino, Yolks, Sundried Tomatoes, Smoked Bacon, Black Pudding

UNITED KINGDOM
SWEET LEEK CARBONARA
Jamie Oliver, Veg, 2019
Leeks, Garlic, Thyme, Butter, Egg, Parmesan

UNITED KINGDOM
MYRA STREET'S CARBONARA
The Dairy Book of Family Recipes,1985
Butter, Onion, Back Bacon, Mushrooms, Eggs, Parmesan, Parsley, Black Pepper

UNITED KINGDOM
MARSHALL'S CARBONARA
Cumbernauld News, 24/5/1977
Bacon, Eggs, Butter, Parmesan, Onion, Mushrooms, Parsley

UNITED STATES
FANNIE FARMER CARBONARA
The Fannie Farmer Cookbook 1965
Bacon, Eggs, Parmesan, Green Pepper, Onion

UNITED STATES
AMERICAN HOME FETTUCCINE ALLA PAPALINA
"The American Home," Oct. 1968
Cooked Ham, Mushrooms, Onion, Yolks, Parmesan, Parsley, 8 Ribbons Butter/Margarine

NEW ZEALAND
THE GALLOPING GOURMET CARBONARA
Graham Kerr, 1968
'The Galloping Gourmet Cookbook,'
Butter, Bacon, Onion, Eggs, Havoc Cheddar, Parsley

GERMANY / UK EDITION
DR OETKER'S SPAGHETTI with CREAM SAUCE
Dr Oetker, 1997
'Cooking Today,'
Streaky Bacon, Butter, Whipping Cream, Parmesan, Nutmeg, Basil

UNITED STATES
HARPER'S BAZAAR CARBONARA
2018
Clams, Saffron, Eggs, Parmesan, Butter, Black Pepper

UNITED STATES
TAGLIENTI CARBONARA
Maria Luisa Taglienti 1955
'The Italian Cookbook,'
Bacon, Eggs, Parmesan, Olive Oil, Rainbow Cream, Black Pepper, White Wine

UNITED STATES
APARTMENT LIFE CARBONARA
"The Short-Order Gourmet," 1976
Bacon/Prosciutto, Yolks, Pecorino, Parmesan, Butter, Black Pepper

ITALY
ANNA MARTINI'S CARBONARA
Anna Martini, 1977
'Cucina Italiana'
Green Streaky Bacon, Egg Yolks, Olive Oil or Butter, Single Cream, Parmesan, Black Pepper

UNITED KINGDOM
THEODORA'S CARBONARA
Theodora FitzGibbon, 1952
'Cosmopolitan Cookery in an English Kitchen,'
Streaky Bacon, Eggs, Parmesan, Yolks, Cream, Pepper

UNITED KINGDOM
#2 CHICAGO CARBONARA
Fabrizio Schenardi, Oct 1952
Bacon, Pancetta, Eggs, Parmesan

UNITED KINGDOM
SPAGHETTI with BACON, EGG and ONION
Dorothy Daly,
'Italian Cooking 1958'
Bacon, Eggs, Onion, Parmesan
Black pepper, Olive oil/Butter

UNITED STATES
MATTHEWS CARBONARA
Herbert L Matthews, 12/2/1954
New York Times
Eggs, Butter, Cheese, Chopped Bacon

UNITED STATES
HAMMOND CARBONARA
Richard Hammond & George Martin, 1957
New York Times
Butter, Cheese, Guanciale, Bacon

UNITED STATES
CRAIG CLAIBORNE'S CARBONARA
New York Times Menu Cookbook, 1966
Bacon, Yolks, Parmesan

TRASTEVERE CARBONARA

SANTA MARIA IN TRASTEVERE

1939: Carbonara described being served at Alfredo, Trastevere, by Dutch journalist Nora Koch.

DISAPPEARANCE

1940-47: WW2, rationing and German occupation transform Rome's food supply. Restaurants continue trading; pasta, eggs, salumi and cheese remain available through increasingly restricted official and unofficial channels.

REAPPEARANCE

1948: Roman writer Renato Mucci describes eating steaming Spaghetti alla Carbonara in Piazza Santa Maria in Trastevere — nine years after Koch's account in the same piazza.

1949: "Spaghetti alla carbonara per tre" appears as dialogue in the film 'Yvonne la Nuit,' filmed on location at Ristorante Galeassi, Piazza Santa Maria in Trastevere 3.

1950: La Stampa newspaper records Spaghetti alla Carbonara being served at Cesaretto alla Cisterna, Trastevere.

IN PRINT

1957: Westbury & Downes publish a recipe for 'Spaghetti alla Carbonara di Santa Maria in Trastevere' — linking Carbonara with the same piazza in which the dish had been documented in 1939, 1948 and 1949.

INGREDIENTS

1st MEAT USED (SAUSAGE+PANCETTA) : 1931
SAUSAGE & FRESH PANCETTA: STRASCINATI 1931

USE OF CREAM : 1944 - 2026+
Gualandi (1944) - Tesco 2026

USE OF BUTTER : 1952 - 2026+
FABRIZI - ELENA SPAGNOL

1st USE OF PANCETTA : 1952
DESSI'S CARBONARA, 1955

1st USE OF GUANCIALE : 1957
HAMMOND & MARTIN, 1957

1st USE OF PECORINO : 1955
DESSI'S CARBONARA, 1955

1st USE OF WINE : 1954
ADA BONI'S CARBONARA, 1954

1st 'MODERN' CARBOCREMA : 2012
LUCIANO MONOSILIO CARBONARA, 2012

RECIPE CHRONOLOGY

EARLIEST ANCESTOR - 1931
STRASCINATI, Touring Club Italiano, 1931

FIRST NAMED CARBONARA - 1939
TRASTEVERE CARBONARA,1939

FIRST PUBLISHED RECIPE - 1952
FABRIZI CARBONARA La Croix du Nord, 1952

FIRST UK RECIPE - 1952
THEODORA'S CARBONARA Theodora FitzGibbon, 1952