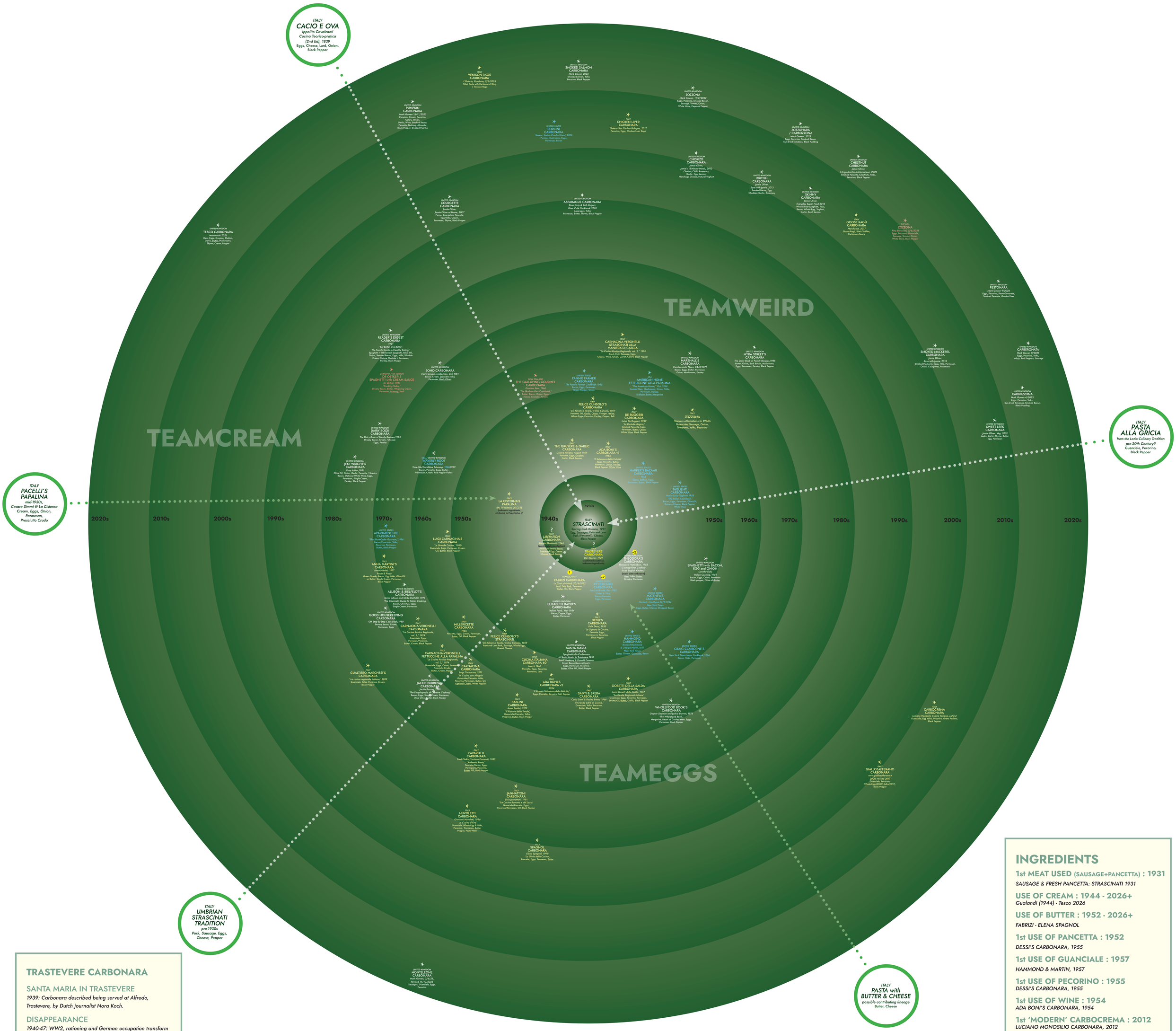

CARBONARA

RECIPE MAP

Diagram updated: 20th October 2026

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