

POTATO GNOCCHI

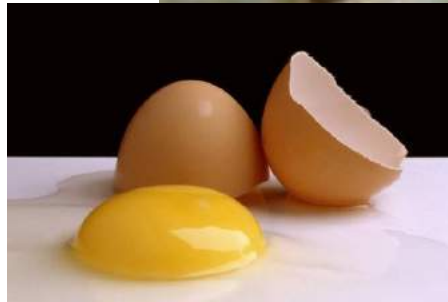
Gnocchi pronounced (nee ockee) are little dumplings that can be made from potatoes, and flour or cornmeal. They are easy to make and great fun to shape. Gnocchi can be eaten with sauces such as pesto, broad bean or tomato sauce and is delicious topped with freshly grated parmesan cheese.



WHAT YOU NEED:

INGREDIENTS

- 5 kg Desiree potatoes
- 5 large free range egg
- 1.25 kgs (5 cups) plain flour



WHAT YOU DO:

METHOD

1. Collect ingredients and utensils.
2. Peel potatoes and cut into quarters and place in a steamer.
3. Half fill a saucepan with water, top with steamer and cook potatoes for 20 minutes until soft (test with a skewer)
4. Put the potatoes in a bowl and mash or put through a potato press using a medium blade.
5. Add the egg and flour, mixing together with a wooden spoon before using your hands to mix to a soft dough.
6. Sprinkle some flour on the bench and shape the dough into a square approx 1.5cm thick.
7. Cut dough into thin strips (about 1.5cm long)
8. Roll each ball gently and press with a grater or fork.
9. Toss on a floured tray.
10. Bring a large pot to the boil and carefully drop in about 10-12 pieces. The gnocchi is cooked when it floats to the top.
11. Remove using a slotted spoon.
12. Serve with Broad bean and Saffron Sauce and freshly grated parmesan cheese.

