

## **GNOCCHI**

### ***Ingredients:***

2lbs Russet Potatoes

1 Cup AP Flour

1 Cup AP Flour for Dusting and Rolling out Potato

Salt to Season and Taste

Olive Oil

### ***What you need:***

Aluminum Foil

Small to Medium sized pot for boiling water

Ricer or Food Mill

Non-stick sauté Pan

Kitchen Spider or fine mesh Stainless steel colander with handle

Mixing bowl

Dough scraper

Pastry Blender (optional)

Fork

Love, Time, and Space (deep breathes a must)

Preheat an Oven to 400 degrees Fahrenheit.

Rinse potatoes. Pat dry and carefully using a fork (holding it as if to stab) score each Potato on all sides. Take a pinch of salt and season all sides of the potatoes and rub the salt into the holes from the fork. Wrap each potato in Foil and place in Pre-Heated Oven directly on middle rack. Cook 30-35 Minutes until easy to pierce with a small knife.



Take out potatoes, remove the foil, and cut them lengthwise in half. Allow the potatoes to cool down, this takes about 10-15 minutes, this is a good time to get water ready for boiling. Scoop out insides from the potatoes place into a ricer/food mill in a medium mixing bowl.

Place riced potatoes or mashed potatoes on a well-floured surface. Add flour and two pinches of salt to Potatoes. Potatoes should be Lukewarm and not too hot. Using a Dough Scraper or Hand Pastry Blender Mix the flour into the potatoes using an up and down motion gathering the potato as you go. This will bind the flour and potato evenly. Keep mixing till your potatoes look like riced cauliflower. Gather your mixed potatoes from all sides and form one unified piece of dough, folding and kneading as you go, adding small amounts of flour whenever the potato appears “wet”. Using your index finger lightly press into dough and if the mark from your finger “breathes” back towards you, your dough is ready to be rolled out. Using the dough scraper cut the dough into 4-5 even pieces, dust prep surface, using the inside of your hands keep a straight flat hand palms facing down and start from the center and begin rolling out the potato allowing your hands to move back and forth and outwards to the sides, and start back center again until you make ropes about 2/3 of an inch in diameter or to your own liking. Take one of the rolled-out potato Dough and cut into 1” pieces using a dough scraper. Using the backside of a fork roll the newly made dumpling down the groove of the fork. Repeat for the rest of the potato dough.

Start a pot of boiling water (add a teaspoon of olive oil and a pinch of salt top water), place dumplings 2-3 at a time into the water. Do not over stack Gnocchi onto each other this will cool the water down and cause them to stick and get soggy. Once they start rising it is finished, use a spider and scoop out gnocchi, try to let as much water as possible drip off dumplings. Place 15-20 pieces of gnocchi on a well-oiled medium to high heat sauté pan or non-stick pan and sear all sides golden brown, add a sauce to your liking just as its finished and place into a bowl, garnish, and serve. Gnocchi can be refrigerated anywhere from 2-5 days after boiling just coat them in oil and place on a flat dish or plate, the longer you hold it the more discoloration happens due to oxygen.

**TIPS** - Keep hands and prep surfaced well-floured this will make working with the potato much easier. If your potato dumplings are gummy or chewy you probably didn't let the potato cool down enough, you added too much flour or you over kneaded the dough. This dish takes practice and patience so make sure you are timing accordingly for special occasions etc. There are many ways to make these wonderful little potato pillows (like adding Eggs, Cheese, Herbs, etc.) this version is the simplest and should give you a good “feel” for making gnocchi and any other recipe you find. I have also prepped these on counters and kitchen tables when space is limited.

