

Primo

Potato Gnocchi

Gnocchi di Patate

Ingredients

Serves 2 people

300 g (10.6 oz) starchy and old potatoes or red potatoes, unpeeled

100-125 g (3.5-4.4 oz) soft wheat flour 0-type

½ egg (beat 1 whole egg then add half of it to the potato dough)

nutmeg, grated

Procedure

Boil and mash the potatoes

Wash and place the potatoes into a tall, wide pot filled with cold water. Bring the water to boil then lower the heat and cook for approximately 20-30 minutes until tender, depending on the size of the potatoes. Mash the potatoes with a potato ricer and discard the peels.

Prepare the gnocchi dough

Beat the egg using a fork. Place the riced potato on a clean, flat surface. With the tip of your fingers make a well in the center and pour in half of the beaten egg and some grated nutmeg. Gradually start adding the flour (do not add all the amount at once). Mix and combine the ingredients with your hands by gently folding and pressing it down, until the dough comes together. Gradually add more flour until the dough is no longer sticky.

Note. You may need to add more or less flour than the amount in this recipe. It all depends on the moisture of the potatoes.

When your dough is soft, smooth, and no longer sticks to your hands or work surface, dust it with flour and leave it to rest for a few minutes.



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Roll and shape the gnocchi

Clean your workspace with a scraper to remove loose bits of dough and excess flour. Divide the dough into smaller workable pieces. Roll out each piece into a long rope about 1,5 cm (0.6 in) thick.

Tip. Keep your hands flat and use your palms to roll. Roll the dough from the top to the bottom of your palm, moving your entire arm back and forth. Start at the center of the dough and work your way out to the ends. Don't use your fingers to roll out the dough as they will leave small indentations on your rolled dough creating uneven thicknesses.

With a knife or cutter, cut out small pillows. There are 3 different shapes you can make your gnocchi: leave them as simple pillows, make ridges with a fork, or make ridges with a gnocchi board.

Cook the gnocchi

Fill a large pot with cold water and place it over high heat to boil. When the water starts boiling, add some salt. Drop the gnocchi into the water and gently stir, being careful not to damage them.

Tip. Don't boil all your gnocchi at the same time. Since it takes just a few minutes to cook, you want to cook the gnocchi in small batches.

Once the gnocchi start floating to the surface, they are ready! Use a slotted spoon to remove the gnocchi from the pot and place them in a serving bowl with the sauce. Repeat the process with the remaining gnocchi.



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