



BASIC GNOCCHI



INGREDIENTS

SERVES 6

- 1kg large potatoes (about 5 or 6)
- 300g plain flour
- 1 egg
- 1tsp + 1tbsp salt
- Grated parmesan to serve

FROM THE GARDEN

- eggs

EQUIPMENT

- measuring spoons
- scales
- large stockpot with lid
- colander
- large bowl
- potato masher or ricer
- clean tea towel
- chopping board
- butter knife
- fork
- baking tray
- slotted spoon

INSTRUCTIONS

1. Place the potatoes in their skins in the stockpot, cover with water and boil until tender.
2. Drain the potatoes and allow them to cool slightly in the colander before peeling.
3. Peel the potatoes and put them into the large bowl and mash them with your masher until smooth, or pass them through a ricer. Do not over-mash or the potato will become sticky and your gnocchi will be heavy.
4. Rinse and refill the stockpot with water and bring to the boil.
5. Pour the flour onto a clean workbench, reserving 2 tablespoons to use later if required.
6. Put the mashed potatoes on top of the pile of flour. Add the egg, and 1 tsp salt.
7. Knead the mixture into a soft dough. If necessary, sprinkle a little extra flour to stop the dough sticking to the workbench.
8. Divide the dough into four, then roll each piece into a 2cm-wide log.
9. Cut the logs with the butter knife at 0.5cm intervals to create gnocchi, then lightly use the fork to create ridges on the gnocchi (don't squash them flat!).
10. Dust the gnocchi with a little more flour to stop them from sticking.
11. Dust a baking tray with flour and spread the gnocchi onto the tray.
12. To cook the gnocchi, add a tablespoon of salt to the boiling water, then carefully drop the gnocchi piece by piece into the pot, making sure they do not stick together. Boil them in two batches if necessary to avoid crowding the pot.
13. The gnocchi are cooked when they rise to the surface. Spoon them out with the slotted spoon into your serving dish. Serve with Leek and Silverbeet sauce and parmesan.