

## Potato Gnocchi (Fat free)

*Source Grow Cook Eat, St Joseph's School Coleraine*

*From the garden Potatoes (best for Gnocchi - Desiree, Russett Burbank, King Edward)*

<u>Equipment</u>	<u>Ingredients</u>
cups and spoons peeler clean tea towel chopping board cook's knife grater large heavy-based stockpot with lid colander 2 baking trays aluminium foil large bowl small bowls potato masher or ricer butter knife frying pan wooden spoon slotted spoon	<ul style="list-style-type: none"> <li>• 1kg potatoes</li> <li>• 2 eggs</li> <li>• 1 tsp salt</li> <li>• Pinch of nutmeg</li> <li>• 180 g plain flour</li> <li>• 1 litre boiling salted water</li> <li>• Sea salt and pepper</li> <li>• Tomato Sugo (heated)</li> <li>• Grated parmesan cheese to serve (if using)</li> </ul>

### What to do

- Heat oven to 180C.
- Wash potatoes and wipe clean
- Prick potatoes well and bake in their skins for 1 hour until tender.
- Leave potatoes to cool slightly.
- Put pot of water on to boil to cook gnocchi.
- Put potato in tea towel to protect hands, remove peel.
- Cut potatoes in half.
- Mash potatoes or push through a potato ricer.
- Add potatoes to a large mixing bowl
- Beat eggs with a whisk.
- Grate nutmeg
- Measure 180g plain flour and 1 tsp salt
- Stir eggs, salt, nutmeg and flour into potatoes. Mixture should be smooth and slightly sticky.
- On a floured board, form mixture into a ball and divide into lemon sized pieces (or enough for 1 piece for each student.
- On a floured surface, roll the dough lightly and evenly into a long sausage.

- Cut the sausage into 2 cm pieces and put them on a floured tray. Use a fork to add a pattern, if you like.
- When water has boiled, drop the gnocchi into the boiling water in batches. When they rise to the top, let them simmer for a minute.
- Remove gnocchi with a slotted spoon to a large baking dish and continue cooking gnocchi when water comes to a boil again.
- Keep warm in a large baking dish while the remaining gnocchi is cooking. Add a small amount of tomato sugo so the gnocchi doesn't dry out.
- When all the gnocchi is cooked, add more tomato sugo to the gnocchi in the baking dish. Add sea salt and pepper to the gnocchi and toss carefully.
- Sprinkle over parmesan cheese and put into oven to keep warm until ready to serve.
- Add extra Tomato Sugo to serve. Serve with extra Parmesan cheese. ENJOY!