

Basic Gnocchi

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: eggs, potatoes

Rolling and cutting fresh, soft gnocchi dough is a wonderfully tactile experience. This simple recipe shows how easy it is.

Note: To save time in class, cook the potatoes in advance. Then have each group prepare potatoes for the next class.

Equipment:

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

Ingredients:

1 kg large desiree potatoes (about 5 or 6)
350 g plain flour, plus extra for kneading
1 egg
1 tbsp salt



What to do:

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. (**Note:** If using a ricer you will not need to peel the potatoes.)
3. Put the potatoes into the large bowl and mash them with your masher until smooth, or pass them through a ricer or Mouli. 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 it 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.
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 2 cm-wide log.

1. Cut the logs with the butter knife at 0.5 cm intervals to create gnocchi, then lightly use the fork to create ridges on the gnocchi (don't squash them flat!).
2. Dust the gnocchi with a little more flour to stop them from sticking.
3. Dust a baking tray with flour and spread the gnocchi onto the tray.
4. 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.
5. The gnocchi are cooked when they rise to the surface. Spoon them out with the slotted spoon and place directly into your sauce, or into a serving dish.

