

Potato Gnocchi

Bialik College Kitchen Garden Program



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Ingredients:

- 850g starchy potatoes (such as Desiree or Royal Blue)
- 1 egg yolk
- small pinch of salt flakes
- $\frac{3}{4}$ - 1 cup '00' flour, plus extra for dusting

Equipment:

- large saucepan
- colander
- mixing bowl
- potato ricer
- Cook's knife
- chopping board
- slotted spoon

Method:

1. Place potatoes (in their skins) in a large saucepan of cold salted water. Bring to the boil over high heat and cook for 35-40 minutes or until cooked through.
2. Drain well, allow to cool for 5 minutes and then peel the potatoes. You can use a knife if necessary as they will be quite hot.
3. Pass the peeled potatoes through a ricer into a mixing bowl, then cool for 5-10 minutes.
4. Add the egg yolk and salt, then start adding the flour, a little at a time. Depending on your potatoes, you may need to use a little more or less flour than indicated. You want to form a soft dough that is pliable and not sticky. Don't add too much flour or your gnocchi will be heavy.
5. Cut the dough into 4-5 pieces, then roll them out on a surface dusted with flour and shape them into 2-3cm thick logs.

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6. Cut each log into 2-3cm pieces. You can leave them like that or roll them onto a floured fork to add ridges. Once you have rolled your gnocchi, dust them with flour and set aside.
7. Bring a large saucepan of salted water to the boil.
8. Add the gnocchi to the boiling water in batches so you don't overcrowd the pan. As soon as they are cooked, they will float to the surface. Lift them out with a slotted spoon and place them in a colander over a large mixing bowl.
9. Once all gnocchi are cooked, place them in serving bowls and drizzle with your choice of pasta sauce.

Adapted from "*Made in Italy*" by Silvia Colloca. (Serves 4)