

POTATO GNOCCHI IN TOMATO SAUCE

Potato gnocchi is a traditional food from a varied family of dumplings and pasta in Italian cuisine and tomato sauce is an Italian classic. The word “gnocchi” is either derived from “nocchio”, meaning knot of wood or “nocca”, meaning knuckle.

INGREDIENTS

TOMATO SAUCE

4 Tbsp. extra virgin olive oil
4 or 5 cloves of fresh garlic
Small bunch of Italian parsley, finely chopped
1 28oz can of whole tomatoes
1 ½ tsp of kosher or sea salt
3 or 4 large leaves of fresh basil
Parmesan cheese

DIRECTIONS

Pour the oil into a large sauté pan (not a deep pot) over medium high heat. Crush the garlic and add it to the oil (for a spicy sauce, add some hot pepper, fresh or flakes). Sauté the garlic until it just starts to brown, then add the parsley.

Turn the heat up to high. Now add the tomatoes, and quickly cover with the lid for about 30 seconds, until the squirting subsides. Stir with a wooden spoon and lower the heat a little.

Add the salt and continue to simmer at a fast pace, and stir often for about 5 to 7 minutes.

Taste the sauce and, if necessary, add a little more salt. Turn off the heat and tear the fresh basil before adding it to the sauce. Keep the sauce warm.

Boil the potatoes with the skins on, peel them and then rice/grate them using a ricer or a grater while still hot.



POTATO GNOCCHI

3 cups Russet potatoes
1 – 1 1/3 cups all-purpose flour
2 Tbsp. beaten egg
Grated cheese to serve (optional)

Spread them out on a board or countertop and flour them lightly and you can add more flour.

Add the beaten egg on top. Use your hands to incorporate the flour and eggs into the potatoes. After the dough forms, knead until the mixture is smooth and homogenous. Only add flour if it is absolutely necessary.

Slice off a piece of dough and roll it into a long rope shape using the floured surface until it is 3/4 inches (2 cm) in diameter. Keep the rest of the dough covered.

Cut the rope of dough in pieces which are about 3/4 inches (2 cm) each.

Roll the gnocchi using a fork to give them ridges. Be sure to use enough flour so that the gnocchi don't stick, and roll them down the front of the fork tines using your index and middle finger to push on the dough, while holding the fork at a 45 degree angle.

Continue to cut off pieces of dough and repeat until all the dough is used.

Place the rolled gnocchi on a floured counter or tray and try not to let them touch as this will keep them from sticking together. Boil them sooner rather than later, as they can get sticky.

Boil a large pot of generously salted water. Use a pasta pot with a strainer if possible, otherwise have a strainer available. When the water is at a rolling boil, put half the gnocchi in, dropping them in gently, but quickly as possible.

The gnocchi will cook quickly and when they float to the top, they are ready. Do not let them boil for more than a minute or they will be mushy. Remove with a strainer and place in a serving bowl with the heated sauce.

Repeat with the rest of the gnocchi.

To serve this dish Italian style, mix the gnocchi and sauce together and then plate the food.

