

Gnocchi

From Nelson's Kitchen
Print

From *Lidia's Italian Table* by Lidia M. Batianich.

Ingredients:

- 1 3/4 pounds of potatoes
- 1 large egg
- 1 teaspoon of salt
- 1/4 teaspoon of ground white pepper
- Pinch of freshly grated nutmeg
- 1/4 cup of freshly grated parmigiano-Reggiano cheese
- 2 cups unbleached all-purpose flour, or as needed
- 2 tablespoons of chopped Italian parsley
- 4 tablespoons of butter (optional for sauce)

Procedure:

1. Cook the potatoes

- Place the potatoes in a large pot with enough cold water to cover.
- Bring the water to a boil and cook, partially covered, until the potatoes are easily pierced with a skewer but the skins are not split (35 minutes).

2. Rice the potatoes

- Drain the potatoes and let them stand until cold enough to handle.
- Holding the potatoes with a kitchen towel or mitt, peel the potatoes with a paring knife.
- Pass the potatoes through a food mill fitted with the fine disc letting them fall on top of the counter.
- Spread the riced potatoes into a thin layer on the work surface, without pressing them or compacting them. Let them cool completely

3. Make the egg mixture

- In a small bowl, beat the egg, salt, pepper and nutmeg together.

4. Prepare the dough

- Spread the grated Parmesan cheese over the cold spreaded potatoes.
- Gather the potatoes and cheese on a mound with a well in the center.
- Pour the egg mixture in the well.
- Knead the potato and egg mixture adding enough flour to make a smooth, but slightly sticky dough. Avoid adding too much flour to make a light gnocchi.

- Use a dough scrapper to scrape the dough from your hands and working surface as you knead.

5. Form the gnocchi

- Form a rectangular shape about 3/4 inch thick on the counter with the dough.
- Cut the dough into 3/4 inch squares.
- Form a rough ball with each square by lightly rolling each one in your hands.
- Hold the tines of a fork at a 45-degree angle to the table with the concave part facing up.
- Take each ball of dough and with the tip of your thumb, press the dough lightly against the tines of the fork as you roll it downward towards the tip of your thumb. As the dough wraps around the tip of your thumb, it will form into a dumpling with a deep indentation on one side and a ridged surface on the other.
- Set the gnocchi on a baking sheet lined with a floured kitchen towel.

6. Pre-Cook the gnocchi

- Oil or butter a baking sheet to contain the pre-cooked gnocchi.
- Bring 6 quarts of salted water to a vigorous boil over high heat.
- Drop small batches of gnocchi into the boiling water.
- Cook, stirring gently with a wooden spoon, until tender (about a minute).
- Remove the gnocchi from the water with a slotted spoon, drain them well and transfer them to the oiled baking sheet.

7. Finish the gnocchi (with butter)

- When ready to serve, add butter to a saute pan, heat it up until the butter acquires a golden color. Be careful to not burn the butter.
- Add the pre-cooked gnocchi to the brown butter and saute until they start to acquire some gold color.
- Sprinkle with chopped parsley.
- Sprinkle with grated Parmesan cheese.
- Serve immediately.

8. Finish the gnocchi (with roasted chicken juices)

- When ready to serve, remove the chicken from the skillet in which it was roasted.
- Skim some of the excess fat from the skillet, leaving the juices in it.
- Bring the juices and remaining fat to a vigorous boil in the sauce pan.
- Add the pre-cooked gnocchi to the brown butter and saute until they start to acquire some gold color.
- Sprinkle with chopped parsley.
- Sprinkle with grated Parmesan cheese.
- Serve immediately.