

Fluffy Gnocchi or Lazy Pierogies

#cooking/recipe

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Fluffy Gnocchi or Lazy Pierogies - Let the Baking Begin

Ingredients

3 lb medium sized yellow potatoes boiled with skin on until easily pierced with a fork,
drained
2 cups all purpose flour
1 egg, large
2 tsp kosher salt
1 tsp garlic powder
1 tsp black ground pepper
1/3 - 1/2 cup grated parmesan cheese optional

To Serve

1/2 - 1 lb bacon chopped into dice or strips
1 large onion finely diced
1/4 - 1/2 cup chopped Italian parsley or dill
2-3 Tbsp butter
1 clove garlic pressed or minced

Process

Once the potatoes are cool enough to handle peel the skin.

Using a potato ricer or a potato masher, rice or mash the potatoes while still warm (it's much easier to do when the potatoes are warm). You can let the riced potatoes cool as you work on the bacon & the caramelized onion.

Dice or slice the bacon and render the fat until the bacon is crispy. Add diced onions and allow them to golden up as well. If you don't like the taste of raw garlic add the minced garlic about 30 seconds before the onions are done browning. Now tilt the skillet to one side and bring all bacon and onions to the raised part, letting all fat to collect at the bottom. Remove the fat and discard. Reserve the bacon & onion until needed.

Now that the potatoes are somewhat cool, add the flour, egg, salt and pepper (and

Parmesan cheese, if using) and with minimal amount of mixing bring everything into a dough like consistency. Mixing too long will make your gnocchi gummy.

Tear a baseball sized piece, roll into a ball and on a well floured surface roll into 1 inch rope. With a knife, cut the dough rope into 1/2 inch pieces and transfer to a well floured surface. Continue working on the rest of the dough. Use a fork or the gnocchi board to make the grooves on each gnocchi if desired.

Fill a large pasta pot with water, salt it liberally until the water is as salty as seawater. Bring it to a rolling boil over high heat. Drop the gnocchi into the water, stir and let them rise to the top. Once they rise to the top, cook for about 30 seconds to 1 minute and remove with a slotted spoon to an ice bath to stop the cooking process.

Then quickly transfer to a bowl with some bacon, caramelized onion, parsley or dill (if using) and a dab of butter or a tablespoon or two of olive oil. If you don't mind the smell of fresh garlic add it to the bowl and toss everything together to prevent gnocchi from sticking to each other.

Serve with a dollop of sour cream and sprinkling of black ground pepper.

Tips for Making This Easy Gnocchi Recipe

Measure every ingredient carefully. This is perhaps the most important tip for making an easy gnocchi recipe retain that soft, pillowy goodness rather than a gumball.

Use yellow potatoes for this recipe. Be sure to boil them with the skin on, as it will retain flavor better and keep your potatoes from falling apart.

Make sure to mash your potatoes completely. An inexpensive potato ricer or masher is the easiest way to do this.

Rice or mash your potatoes while warm – it's much easier to do them this way.

Do not overmix your potatoes for this easy gnocchi recipe. If you mix it too long, it will make your gnocchi gummy. Just do the minimal amount of mixing to bring everything into a dough-like consistency.

If you would like to give your gnocchi ripples or grooves, run each piece down anything that can make those grooves. The back of a fork will work just as fine, or you can use a

strawberry slicer . Of course, you can also get yourself an actual gnocchi board . The grooves are helpful if you want to serve this easy gnocchi recipe with sauce, as the sauce will sit in the groove's insets.

Drop your gnocchi into an ice water bath after cooking.This will help stop the cooking process and give you that perfect gnocchi texture.

Toss your gnocchi with oil or butter after cooking.This will help keep the gnocchi from sticking to each other.

Nutrition

Servings: 6

Calories: 814

Fat: 50g

Carbs: 64g

Protein: 26g