



Potato gnocchi

A recipe by Gabriella Acampora

Supplied by Marti Cuatt, The Infatuated Foodie



Serves 4



15 minutes

INGREDIENTS

- 1kg potatoes, preferably yellow fleshed
- 350-500g 00 flour or plain flour, plus extra if needed
- 1 egg yolk
- 1-2tbs ricotta cheese, drained
- 1/2tsp fine sea salt

NOTES

Although gnocchi is quite simple to make, it can be difficult to perfect. These detailed instructions are to help you make the perfect dough by sharing what to look for as it's coming together.

DIRECTIONS

1. Scrub potatoes well, but do not peel. Add to a large pan with enough cold water and add ½ teaspoon salt. Cover and bring to boil, then turn down and cook until tender.
2. Test now and then with a skewer. When cooked, drain, then let them steam and cool briefly until you can handle them, then peel off the skins.
3. Place potatoes into a potato ricer and press through, straight onto a squeaky-clean bench top. A mouli, a type of manual food mill, could also be used, or you could use a box grater to grate them onto the bench.
4. Spread out to expose as much surface area as possible, then sprinkle sea salt – about 1/4-1/2 teaspoon per kilo – and leave to cool. The wider you spread, the quicker it will cool. As it's cooling, crumble a little fresh, drained ricotta cheese over the top.



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MAKE THE DOUGH

1. When cooled, plop an egg yolk on top and then sprinkle the flour across the potato. It will all get mixed in, so doesn't need to be too precise.
2. Now the fun bit begins, but first, make sure your hands are squeaky clean and dry.
3. Place a little bowl of flour on the bench as you can use it to clean your hands as you work the dough. Plus, you may need it to sprinkle on the dough to get the right consistency.
4. Start working the flour, egg and potato together with a fork until the egg has started to mix smoothly, then change to your hands to begin kneading. The dough will be messy and sticky at first and your hands will get covered but persevere - it's all part of the process.
5. As the dough comes together (it will!), clean your hands off with flour. Either have someone sprinkle it straight onto your hands and rub them together or take a small scoop from the bowl you set nearby earlier.
6. Knead it as you would a bread dough, adding more flour if it's too sticky. What you're looking for is a soft and smooth dough that's not too wet, but not dry and too stiff either.
7. To test, press it with your finger and if it leaves an indent without squashing the dough, then it's ready.

SHAPE THE GNOCCHI

1. Roll the whole lot out to form a thick log, then cut the log into several pieces.
2. Take each piece and cut in half or thirds, then roll each piece into a stick, about 2cm diameter. Cut each stick into pieces about 2cm long.
3. At this stage you need to make the indents that help the sauce stick. You can use a special paddle to roll the gnocchi or just use a fork. It's up to you. Use your thumb to gently push and roll the dough over the paddle (or fork), so the dough thins out and forms a 'C' shape as it rolls.
4. Sprinkle a tray with fine semolina or flour and place each piece carefully as it's rolled.
5. Continue until you use up all the dough.



COOK THE GNOCCHI

1. Add about a teaspoon of salt to a large pot of water and bring to the boil.
2. Add the gnocchi a few at a time, so there's plenty of room for them to boil. This will depend on the size of your pot.
3. When they rise to the surface – and this will only take a couple of minutes – they're done.

TO SERVE

1. These little pillows are great with a plain Napoletana sauce. It's easy to make and wonderful if you have home bottled tomatoes or can get hold of some. Otherwise, sauce made from good quality canned tomatoes work too.

GREAT FOR THE FREEZER

1. If you have made a lot of gnocchi, set some aside to freeze. Toss well with the semolina or flour first, then pop them in a large container or freezer bag and gently place them flat in the freezer. To cook, just take straight from the freezer and throw into boiling salted water. When they rise to the surface they're done. So simple.