
Basic potato gnocchi recipe

Equipment

chopping boards & non-slip mats

Cooks knife

potato ricer

scales

forks for shaping gnocchi or

gnocchi paddle board

large saucepan

colander

baking tray

slotted spoon

Ingredients

1 kg large Desiree potatoes

approximately 350 g plain 00 flour

1 egg

Continental flour to sprinkle on trays

1 tablespoon salt

What to do

1. Set out your equipment and ingredients.
2. Wash the potatoes and boil them in their skins for 35 minutes until soft.
3. Drain the potatoes into the colander and allow them to cool slightly before peeling and cutting each potato in half.

Making the gnocchi

1. Put half a potato in the ricer and squeeze it closed over a large bowl. Repeat with the remaining pieces of potato.
2. Break the egg into the small bowl and lightly whisk with a fork.
3. Pour the flour onto a clean surface and empty the mashed potato over the flour.
4. Knead the mixture lightly until it all comes together. Use a little extra flour to stop the mixture sticking to the surface.

Shape the gnocchi

1. Cut the dough into four even pieces, and then roll each piece into 2 cm wide logs.
 2. Using a knife cut the logs at 0.5 cm interval to create gnocchi, and then press each lightly over a fork or gnocchi paddle to create ridges on the gnocchi.
-

-
3. Dust them with a little continental flour and lay them on a baking tray dusted with the continental flour.

Cook the gnocchi

1. Place a saucepan of water on high heat and bring to the boil.
 2. Add 1 heaped tablespoon of cooking salt, then carefully add the gnocchi making sure they do not stick together (dropping them in individually will help).
 3. The gnocchi are cooked when they rise to the surface and cook another minute. Spoon them out with a slotted spoon and place in a serving dish with sauce.
-