

Gnocchi

Ingredients:

5 large baking potatoes
1 lb. flour
1 egg
¼ cup parmesan
Pinch of ground nutmeg

Method:

Wash and scrub the potatoes. Do Not Peel!

Cook the unpeeled potatoes in water until soft, about 20 minutes.

Allow potatoes to cool, peel and discard the skins. You can cook the potatoes the day before and make the pasta the next day. If you are doing this, do not peel them until ready to use.

Cut the potatoes into 1/3's and put through a ricer.

Place the riced potato on a clean surface. Make a well in the middle.

Sprinkle flour onto the potato.

Crack the egg into a glass and pour into the well (this prevents any shell from getting into the pasta).

Lightly mix the ingredients from the inside of well – out.

Press potato mixture into a dough. This will require a good amount of pressure.

Knead dough for 2-3 minutes, turning often.

Roll into a log about the size of a small loaf of bread and allow to rest for 10 minutes.

Using a bench scraper, cut loaf into ovals.

On a floured surface, roll the ovals with your hands into long cylinders.

Cut with a bench scraper into pillows, about the size of the top half of your thumb.

Using a rasp, roll the gnocchi against the back of the rasp to make a pocket and set aside.

Boil the gnocchi in salted water until the first few float, then remove. Do not over-cook.

Serve immediately with warm sauce.