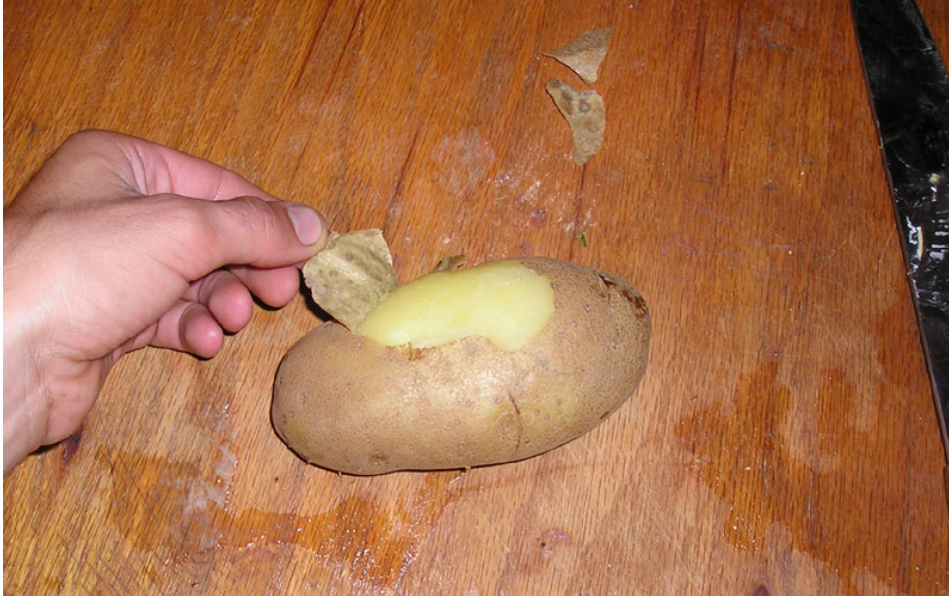


Potato Gnocchi

I like to use three large russet potatoes for making gnocchi. This will make about three full plates worth. Any kind of potato will work, but the type affects the texture. Blue potatoes make lovely lavender gnocchi.



Step 1: Boil or bake the potatoes with the skin on until tender. When cool enough to handle, the skin will peel off very easily. Once done peeling, mash with your favorite method.



Step 2: pour out about three fourths of the volume of mashed potatoes of bread flour. That's as specific as I can get with this step. Some recipes say to use an egg to help bind things together. Don't use any eggs. They make the gnocchi heavier and the texture isn't as good. Some recipes also say to mix as little as possible; however, if you don't mix enough, not enough gluten will form to hold them together. They will dissolve when boiling. Mix the potatoes and flour and gently knead for a minute after the dough is fairly combined. If the dough is slightly sticky, you added the right amount of flour. If the

dough is really sticky, add some more flour and work it in. if you are going to serve with a milk-based sauce, grate some fresh nutmeg into the pile before you combine. You can add any other herbs or spices now that go with the sauce you're using, if you wish.



Step 3: keep the dough floured, and roll it into ropes. The ropes will break apart if you only roll them, so alternate between rolling and squishing until they are about two centimeters thick. Cut them into squarish segments.



Step 4: Push each gnocchi onto a fork so your thumb goes about halfway into the dough.



Step 5: Roll the gnocchi off the fork.

Step 6: When all are formed, place them in batches into boiling water. When they float to the surface, remove them with a slotted spoon and place them into a frying pan or bowl with the sauce. Many sauces go well with gnocchi, but particularly good are pesto, mushroom, light tomato, and cheese sauces.