



POTATO GNOCCHI

INGREDIENTS (5 people)

1 kg of yellow flowery potatoes (Russet)

200 g of white 00 flour (approximately)

1 egg

METHOD

Bake the potatoes in their skins in a baking pan that has a bed of coarse salt, put in the oven at 200 C° for about 50/60 minutes.

Once cooked, peel and mash the potatoes, using a potato ricer, letting the potato fall into a bowl (do not use a food processor as it creates a gluey puree unsuitable for making gnocchi).

Add the egg and mix very well, add 2 spoons of flour and mix. On the table put some flour, the potatoes and knead gently without ever crushing too much. Continue adding flour until the mix stops sticking to your hands.

When the mix is ready, smooth, elastic and quite soft, break off a piece and roll into a long "tube" which is about as thick as your finger.

Cut the "tube" into 2 cm pieces more or less the width of the fork. Sit each piece on the prongs of a fork (or special wooden lined board) pressing lightly with your finger then roll towards you. When all the gnocchi are ready put in a tray cover with a tea towel and leave in the fridge to rest for about half an hour.

Drop the gnocchi into boiling salted water and mix very delicately. When the gnocchi float to the top they're ready.

Bring the cooked gnocchi with a slotted spoon, place in a pan with the sauce to melt better.

The quality of the potatoes is the most crucial factor in making good gnocchi. The potatoes must not be new and must be floury. As regards the quantity of flour, it's difficult to define as it depends how much flour the potatoes require. Keep in mind though that by adding too much flour you'll end up with hard gnocchi and if there's not enough they may fall apart. The important thing is to add a little flour at a time until the mix no longer sticks to your hands.