



Basic Gnocchi

Season: All
Type: Big Dishes
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: eggs, potatoes

Recipe Source: Adapted from an original by Teresa Oates

This simple recipe shows children how easy and fun it really is to make gnocchi – a dish many grown-ups are scared of!

Equipment:

metric measuring scales
and spoons
large heavy-based stock
pot with water and lid
large bowl
potato masher, ricer or Mouli
clean tea towel
chopping board
kitchen knife
butter knife
fork
baking tray
large pot
colander

Ingredients:

1 kg large Desiree potatoes (about 5 or 6)
approximately 350 g plain '00' flour
1 egg
extra flour for kneading
1 tablespoon salt



What to do:

- Wash the potatoes and boil them in their skins for 35 minutes until soft. Allow them to cool slightly before peeling. (Note: if using a ricer you will not need to peel the potatoes.)
- In a large bowl, mash the potatoes until smooth. You can pass mash through a ricer or Mouli to achieve a more even texture. Do not over-mash or the potato will become too gluey and your gnocchi will not be light.
- Pour the flour onto a clean surface and empty the mashed potatoes over the flour. Add the egg.
- Knead the mixture until a soft dough forms. You may need a little extra flour to stop the mixture sticking to the surface.