



Potato And Herb Gnocchi With Tomato Sauce

Season:	Any
From the garden:	Mixed herbs like parsley, chives, sage.....
Type:	Lunch, dinner
Difficulty:	Easy
Country of origin:	Italy
Serves:	6 serves or 36 tastes
Source:	www.delallo.com

Equipment for gnocchi

- *knife
- *measuring cup
- *measuring spoon
- *potato ricer
- *big cooking pot
- *slotted spoon

Ingredients for gnocchi

- *1 kg boiled (skin on) potatoes
- *2 cups plain flour
- *1 egg
- *1 tsp salt
- *handful of mixed fresh herbs
- *1 tbsp butter for frying (optional)

Equipment for tomato sauce

- *chopping board
- *measuring cup
- *measuring spoon
- *frying pan
- *knife
- *garlic mincer

Ingredients for tomato sauce

- *2 cups of tinned tomatoes or passata
- *2 cloves of garlic
- *1 small onion, 1 tbsp of oil for frying
- *2 tbsp tomato paste
- *½ tsp salt, pinch of pepper
- *½ tsp sugar, 1tsp dried oregano

Method

- 1. for the gnocchi, peel the boiled potatoes and using a potato ricer, rice them onto a clean surface.**
- 2. wash the fresh herbs and chop them finely**
- 3. mix the riced potatoes with the flour, salt and chopped herbs and make a well in the middle**
- 4. break the egg into the potato and flour mixture and mix it together into a soft dough**
DON'T OVERMIX. as soon as the mixture comes together, stop kneading
- 4. split into 4 portions and roll each portion into a long sausage, around 1 cm in diameter**
- 5. use a knife and cut into 2 cm long pieces, dust with flour to prevent sticking**
- 6. bring water to the boil in a large pot and cook the gnocchi till they float to the surface, 1-2 minutes**
- 7. remove them with a slotted spoon and place on a plate**
- 8. the gnocchi can now be mixed with a sauce and served. They can also be fried in a tbsp of butter or drizzled with melted butter and baked at 180 degrees in the oven until lightly browned and then served with sauce or pesto**
- 9. for the tomato sauce, chop the onion and slice or mince the garlic**
- 10. fry the onion and garlic in oil until translucent**
- 11. add the tinned tomatoes or passata and the tomato paste**
- 12. add the salt, sugar, pepper and dried oregano**
- 13. cook the sauce on a low heat for 15 minutes to reduce and thicken**
- 14. serve with any cooked pasta or gnocchi**

Notes: gnocchi are soft dough dumplings made with flour or potatoes. they can be eaten just boiled or fried. a fork can be used to make little ridges on them, which makes the sauce stick better. don't overwork the dough, otherwise they become hard.

Skills: measuring, *sautéing*, chopping, shaping gnocchi

