



Gnocchi di Patate

Potatoes Gnocchi

Ingredients (4 people):

- 500gr. of dry potatoes
- 150 gr. of plain flour
- 1 egg (30gr.)
- Salt

Tools

- A pot
- A bowl
- A knife and a fork

Preparation:

1. Scrub and boil unpeeled potatoes in lightly salted water until tender. Once they are done, remove them from the water and let them cool down.
2. Once the potatoes are cool enough to be handled, peel them. Use a potato ricer or a fork to finely rice the potatoes into the warm pot or a bowl.
3. Add the flour, the egg and incorporate with the potatoes using your fingers or a fork.
4. Turn the mixture out onto a floured work surface. Knead until you have a consistent dough that no longer sticks to your hands. In case of wet potatoes you might need additional flour. Remember, it's not a pizza nor a fresh pasta dough, it's softer (flour will vary depending on the humidity of the potatoes, keep the dough soft and do not over knead it).
5. Dust the work surface with flour, pull off a lump, roll it into a 2cm thick rope, then cut the rope into 1cm pieces. Lay the gnocchi on a clean tea towel or wood board.
6. Bring a large pot of water to the boil, add salt, stir, then gather up the gnocchi so as to gently drop all the gnocchi in at once.
7. Once they bob to the surface, scoop them out with a slotted spoon.

Keep Cooking and Enjoying Traditional Roman Food.

Buon Appetito!

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