

Gnocchi

3 large potatoes
2-1/2 to 3 cups flour, more for kneading and rolling
Salt
1 large egg, lightly beaten

Directions

Line two baking sheets with parchment paper and flour.



Clean and peel potatoes. Cut potatoes into 1-inch cubes and place in a medium pot; filled with water just to cover. Add salt (1 tsp.) and cover with a lid. Boil potatoes stirring occasionally for about 20 minutes or until fork tender. Remove potatoes from water; drain well. Allow them to cool in until you can handle them. Rice potatoes using a potato ricer (I use a potato masher or a hand mixer). Let cool.



Mound 2 1/2 cups of flour on the middle of a wooden board or a clean, dry countertop. Using your hands, make a well in the center of the flour. Add the cooled potatoes to the center. Create another well in the center of the potatoes. Add egg inside and a pinch of salt. Using a fork, begin to incorporate ingredients for dough by pulling flour into the center. Slowly mix in only as much flour as the potato can absorb. You may not need all of the flour. Once the dough starts to come together, begin kneading. During the kneading process, add as much flour as necessary to hold dough together, but not hard. Knead until ingredients are thoroughly combined. Form dough into a 4 inch rectangle. Cut dough into about 8-10 pieces, 4 inches long. Roll each piece by gently pushing with fingers to form a 1-inch rope. Cut into 1-inch pieces using a dough cutter or a non-serrated knife. If desired, roll the gnocchi on a fork to create lines.



To cook

Place finished gnocchi in a large pot of salted, boiling water. Cook gnocchi until they float, about 4-5 minutes. Serve them with your favorite sauce.

If not cooking immediately, flash freeze the gnocchi on the baking sheet, transfer to a zip lock bag for later use.

