

PERFECT POTATO GNOCCHI



Ingredients (serves 6 people):

- 600 g of peeled red potatoes
- 1 egg
- ½ tsp of salt
- ¼ tsp white pepper
- 180 g sieved wheat flour
- Sifted wheat flour as needed
- 5 tbsp grated Parmesan cheese
- 2 tbsp salt for cooking

Preparation:

1. Cook potatoes in salted water until tender and drained.
2. Peel the still hot potatoes and pass through the juicer to a large roasting pan without piling up.
3. Allow to cool for 15 minutes.
4. Gather the potato on a clean surface and drill a hole in the center like a volcano.

5. Add Parmesan cheese, egg, salt and black pepper.
6. Using your fingers mix the ingredients and incorporate the potato until you get a dough.
7. Sprinkle with flour and mix gently.
8. Work the dough by pressing with the base of the hand for 8 to 10 minutes or until soft, elastic and evenly colored.
9. Form a ball with the dough and cut crosswise and get 4 pieces. Cover with PVC film.
10. Clean the work surface and hands.
11. Take one of the dough pieces and roll it back and forth gently and form a finger-sized, 40-50 cm roll.
12. Repeat the operation with the rest of the dough.
13. Cut the cylinders into 3 cm pieces.
14. Shape each piece into the traditional half-moon shape and hold an inverted fork with one hand and the thumb of the other hand press the piece of dough against the fork teeth and at the same time roll the dough to form striations and a concavity inside.
15. Another way to make gnocchi grooves is to use an il pettine which is an appropriate tool found in Italian specialty shops.
16. Cut the cylinders into 3 cm pieces.
17. Shape each piece in the traditional half-moon shape over the il pettine and hold the tool with one hand and with the thumb of the other hand press the piece of dough against the grooves and at the same time roll the dough to form striations.
18. Arrange the gnocchi on wheat floured dishtowels and sprinkle with more wheat flour.
19. Cook in plenty of boiling salted water and when starting to float remove with a slotted spoon.
20. Serve with the sauce of your choice.