



# Homemade Potato Gnocchi

## with Tomato Sauce & Parmesan



### Tomato sauce:

#### INGREDIENTS:

- TOMATO SAUCE INGREDIENTS
- 2 TBSP. OLIVE OIL
- 3 CLOVES GARLIC, CRUSHED
- 1 ONION, SLICED
- 1 TBSP. TOMATO PASTE
- 2 X 400G CHOPPED PEELED TOMATOES
- SALT & GROUND BLACK PEPPER
- 1 TSP. SUGAR
- ½ CUP CHOPPED BASIL
- ½ CUP CHOPPED FLAT LEAF PARSLEY



#### METHOD:

HEAT OIL IN LARGE SAUCEPAN OVER MEDIUM HEAT.

ADD GARLIC AND ONION AND COOK FOR 3-4 MINUTES UNTIL SOFTENED BUT NOT BROWNED. ADD THE TOMATO PASTE AND COOK, STIRRING CONSTANTLY FOR 1 MINUTE (THIS 'COOKS OFF' THE PASTE, GIVING IT A RICHER MORE INTENSE FLAVOUR).

ADD THE PEELED TOMATOES, REDUCE THE HEAT AND SIMMER FOR 8-10 MINUTES, UNTIL THICKENED. STIR THROUGH SALT AND PEPPER, SUGAR, BASIL, PARSLEY (ADJUST SEASONING AS REQUIRED).

### POTATO GNOCCHI

#### INGREDIENTS:

- 1KG DESIREE POTATOES, SKINS SCRUBBED AND LEFT ON
- 200G PLAIN FLOUR
- 1 TSP. SALT
- 100G PARMESAN CHEESE
- 1 EGG, LIGHTLY BEATEN
- WATER
- SALT

#### METHOD:

IN A LARGE POT, COVER THE POTATOES WITH PLENTY OF WATER AND BRING TO THE BOIL. REDUCE THE HEAT TO A SIMMER AND COOK UNTIL TENDER (SO THE TIP OF A KNIFE IS EASILY INSERTED)

DRAIN AND COOL. HOLD THE POTATOES WITH A CLEAN KITCHEN CLOTH IN ONE HAND AND PEEL THE SKIN OFF WITH THE OTHER. MAKE SURE YOU DON'T OVERBOIL YOUR POTATOES OR THEY WILL CRACK AND BECOME WATERLOGGED. IF THIS HAPPENS, YOU'LL NEED A LOT MORE FLOUR TO BRING THE MIXTURE TOGETHER WHICH WILL MAKE YOUR GNOCCHI HARD AND CHEWY RATHER THAN SOFT AND PILLOWY.

ROUGHLY MIX THE FLOUR, SALT AND PARMESAN IN A LARGE MIXING BOWL. TO MASH THE POTATOES, USE A POTATO RICER OR MASH IT WITH A FORK AND PUSH THROUGH A SIEVE. ADD THE POTATO AND EGG TO THE FLOUR, SALT AND PARMESAN MIXTURE, THEN GENTLY WORK THE MIX UNTIL JUST COMBINED. THE TEXTURE SHOULD FEEL LIKE VERY SOFT PLAY DOUGH, BUT IT SHOULDN'T STICK TO YOUR HANDS. DUST THE BENCH WITH FLOUR, BREAK OFF SMALL AMOUNTS OF DOUGH AND GENTLY ROLL INTO 1 CM DIAMETER SAUSAGES. WITH A KNIFE, CUT OFF 2 CM SECTIONS, ROLL THEM IN PLAIN FLOUR TO PREVENT STICKING AND REST THEM ON A TRAY READY TO BOIL.

IN A LARGE POT, BOIL PLENTY OF SALTED WATER (1.5 LITRES TO 1 TABLESPOON SALT). SHAKE EXCESS FLOUR OFF THE GNOCCHI BEFORE TOSSING INTO THE BOILING WATER. WHEN THE GNOCCHI IS COOKED, THEY WILL FLOAT. GENTLY SCOOP THEM OUT WITH A SLOTTED SPOON AND LOWER STRAIGHT INTO THE TOMATO SAUCE. HANDLE THE GNOCCHI VERY GENTLY, SO YOU DON'T END UP WITH A PORRIDGE OF POTATO! SERVE IN BOWLS WITH A SPRINKLE OF GRATED PARMESAN AND GARNISH WITH CHOPPED PARSLEY.