

Potato gnocchi

Source: Stephanie Alexander Kitchen garden foundation modified by Angel Munro

Serves: 6 or 36 tastes

EQUIPMENT/ UTENSILS	INGREDIENTS
metric measuring scales and spoons large heavy-based stockpot with lid colander large bowl potato masher, ricer or Mouli clean tea towel chopping board butter knife fork baking tray slotted spoon	1 kg large desiree potatoes (about 5 or 6) 350 g plain flour, plus extra for kneading 1 egg (optional) 1 tbsp salt

METHOD: WHAT TO DO

1. Place the potatoes in their skins in the stockpot, cover with water and boil until tender.
2. Drain the potatoes and allow them to cool slightly in the colander before peeling. (**Note:** If using a ricer you will not need to peel the potatoes.)
3. Put the potatoes into the large bowl and mash them with your masher until smooth, or pass them through a ricer or Mouli. Do not over-mash or the potato will become sticky and your gnocchi will be heavy.
4. Rinse and refill the stockpot with water and bring it to the boil.
5. Pour the flour onto a clean workbench, reserving 2 tablespoons to use later if required.
6. Put the mashed potatoes on top of the pile of flour (and egg if using).
7. Knead the mixture into a soft dough. If necessary, sprinkle a little extra flour to stop the dough sticking to the workbench.
8. Divide the dough into four, then roll each piece into a 2 cm-wide log.