

MY HUSBAND COOKS:
A TASTY LOOK AT THE FOOD HE MAKES AND I EAT.
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Potato Gnocchi

Yield: 6-8 servings as main dish

Ingredients:

4 Idaho/Russet potatoes
8 oz. / 225 g all-purpose flour (approx. 1 1/2 cups)
2 large eggs, beaten
3 tbsp. parmesan cheese (grated)
2 tbsp. extra virgin olive oil
1 tbsp. butter
2 tsp. salt
1/2 tsp. nutmeg (grated)
parsley (finely chopped)
salt
pepper

Directions:

1. Preheat oven to 400F.
2. Wrap the potatoes in aluminum foil. Bake for 45 minutes until the largest one is soft. Let cool until the skins can be removed.
3. Run the skinned potatoes through a ricer, food mill, or blitz quickly with a stick blender. If you use the stick blender, take care not to overblend. You don't want to create glue. The goal is to get a fluffy, consistent texture.
4. Set a large pot of water to a boil and, at the same time, make an ice bath.
5. Add the beaten eggs, cheese, nutmeg and 1 cup of flour to the potatoes. Mix together until integrated. If the dough is too wet, add more flour. You want to add only enough flour to get the texture right. It should be firm, but easily malleable. Also, try not to overwork the dough. Too much flour or work will result in dense, hard gnocchi.
6. Work with about a quarter of the dough at a time. Roll into a 3/4 inch log about 18 inches long. Using a knife or pastry scraper, cut the dough into 1/2 inch pieces.
7. Add the gnocchi to the boiling water and cook until they float. Remove from the water and add to the ice bath to cool quickly. Remove to a paper-lined sheet tray to dry.

8. Once relatively dry, you can store them covered in the refrigerator until ready to use. These are great to make a day in advance, or for multiple meals as a dish. Once to this point, they are quick to finish.

9. For final use, you may need to work in batches depending on how many you are making. Heat a sauté pan over medium-high heat. Add the oil and butter to the pan. Once butter melts and stops bubbling, add the dumplings to the pan and toss until brown. Season with salt and pepper. Add any herbs (such as parsley) right before removing from the heat. Drain any excess fat with a paper towel. Serve hot.