

Gnocchi & Pesto



Ingredients: 1 kg potatoes (preferably slightly old as they contain less water), 400g white flour (for Gluten-free; 200g each rice / quinoa flour), 1 large egg, table salt, and extra flour for dusting. Rock salt for cooking.

Preparation: 1 hour + 10 mins cooking

1. Boil the potatoes in their skins until you can insert a knife easily.
2. Leave to cool for a few minutes and then rub off the skin.
3. Mash the potato with a potato creamer.
4. Add in the flour and egg and mix into a smooth dough adding table salt to taste.
5. Cut off small sections and roll into a long sausage c. 1cm in diameter and then cut into small gnocchi pieces (they don't necessarily need to be uniform).
6. Place all gnocchi on a heavily floured board before cooking to soak up an excess moisture.
7. Bring a large deep pan of water to the boil, add some rock salt and bit by bit throw in the gnocchi. You'll probably need to cook them in 3-4 stages.
8. As soon as the gnocchi float they are ready for eating (c. 3-5 mins).
9. For added greenery, add in frozen peas, baby leaf spinach & chopped zucchini (or any greens which have a similar cook time of 3-5 mins like the gnocchi)
10. Scoop the gnocchi out with a large sieved spoon and toss into serving dish with any of the following; butter & sage, gorgonzola, pesto, meat ragu, and sprinkle with grated parmesan.

Gnocchi preparation:



Home-made Pesto:

Ingredients: 1 big bunch of basil, 1 pack Pine nuts (or substitute sunflower seeds), Grated fresh parmesan (generous helping), 1-2 anchovies (optional), 1 clove garlic (optional), Extra Virgin Olive Oil

Preparation: 5 minutes

Strip the leaves from the basil and put in blender with pine nuts, grated parmesan and anchovies. Blend together whilst adding in the olive oil until it reaches a paste-like consistency. Decant into a jam jar and cover with olive oil. You can keep in fridge or freezer but it is important that each time you use a spoonful that you cover with olive oil to preserve the pesto and stop it from discolouring and becoming hard.

