**Gnocchi**

(Potatoes & Flour Dumplings)

by

Rudy Litwin

Ingredients;

1 Large Idaho potato

1 Cup flour

Note: These amounts can be doubled for larger batches.

Cook the potatoes till soften throughout. I like to use a microwave on high for about 6 minutes. If you cook more potatoes than you can use in a single recipe, wrap them in foil to hold the heat in until ready to use them. I often do this when I make consecutive batches of Gnocchi. I try to always use a fresh warm potato; although, you can make Gnocchi from left over mashed potatoes.

Place one cup of flour on your work surface. Place your mashed potato in a separate pile. Do not work the potato when the potato is very hot, wait until it’s comfortably warm and then mash your potato. I like to use a potato ricer. The ricer makes quick work of getting the potato ready to add flour and at the same time will remove all eyes and lumps from the mashed potato. Depending on the size of your potato you may or may not use all the flour. Only use enough to create a workable dough.

Spread out the riced potatoes; sprinkle some of the flour on to the potatoes and start working the two ingredients together. As soon as the flour is absorbed add more flour until the mixture starts to create workable dough. Do not add to much flour or your Gnocchi will be doughy when cooked. A light hand in mixing here will yield a tender dumpling.

Gather the dough into a ball and cover for 10 minutes. This will allow the moisture from the potatoes to be absorbed by the flour. Knead the dough just enough to blend together again; do not overwork the dough.

Slice off a quarter of the dough and start rolling out to form a ½ inch thick rope.

Cut the rope into ½ to ¾ lengths pieces and flick (term from my families vocabulary) by holding your finger lightly on top of the gnocchi; pulling toward you until it has rolled beneath your finger a full turn and then, flick the gnocchi away like shooting marbles. Or you can use a gnocchi board or fork to create ridges in the dumpling to help hold the sauce.

To a pot of boiling salted water add the batch of gnocchi and cook for about 3 to 4 minutes. When they float to the top of the water they are ready to be lifted out. Mix the gnocchi with your favorite sauce soon or they will start to stick together.

Note: My favorite sauce is Gorgonzola sauce.

Enjoy,

Rudy