



Season: All

Makes: 30 tastes in the classroom
or 6 at home

Fresh from the garden: eggs, potatoes

Recipe source: Adapted from a recipe by Teresa Oates

This simple recipe shows children how easy and fun it really is to make gnocchi – a dish many grown-ups are scared of!

Equipment:

metric measuring scales
and spoons
large heavy-based stockpot
with water and lid
large bowl
potato masher, ricer or Mouli
clean tea towel
chopping board
cook's knife
butter knife
fork
baking tray
large pot
slotted spoon

Ingredients:

1 kg large desiree potatoes (about 5 or 6)
approximately 350 g plain flour
1 egg
extra flour for kneading
1 tbsp salt

Place 200 g butter in a saucepan with sage leaves. Once butter has lightly browned, remove from heat.
Using a large platter / bowl place gnocchi in and then pour over sage butter and grated parmesan (1 cup)

What to do:

1. Boil the potatoes in their skins and until tender.
2. Remove from the water and allow them to cool slightly before peeling. (Note: if using a ricer you will not need to peel the potatoes.)
3. In a large bowl, mash the potatoes until smooth or pass them through a ricer or Mouli. Do not over-mash or the potato will become too gluey and your gnocchi will not be light.
4. Pour the flour onto a clean surface and empty the mashed potatoes over the flour. Add the egg.
5. Knead the mixture until a soft dough forms. You may need a little extra flour to stop the mixture sticking to the surface.
6. Cut the dough into four even pieces, then roll each piece into 2 cm wide logs.
7. Using a butter knife, cut the logs at $\frac{1}{2}$ cm intervals to create gnocchi, then press each lightly over a fork to create ridges on the gnocchi.