

jerart gnocchi

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Equipment:

Bowls, scales, fork, saucepan, large tray, frying pan with 5cm sides, chopping boards, knives, peelers, food mill, dough scraper, wire scoop, serving dish

Ingredients:

250gms potatoes
cooking salt
400gs jerusalem artichokes
160gms plain flour
water, for cooking
a little extra flour for kneading

Method:

Peel the potatoes, cut into chunks, then place over a high heat and cook for about 15 minutes. Use a skewer to check if the potatoes are tender. When ready, place a colander in the sink, and tip the potatoes and BOILING water out. Put the potatoes back into the saucepan and shake over the heat to dry out. Turn off heat.

Scrub the artichokes. Cut into small chunks, and place in the saucepan, just covering with water. Bring to the boil then simmer for about 20mins until tender. Check with a skewer. Tip the water out, and shake over the heat until dry. Keep the lid off.

Fill the frying pan with water, add one tspn salt, put lid on and turn on low, to heat while you make the gnocchi.

Preheat oven to 70oC. Put an oven proof serving bowl inside to keep warm.

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Flour the workbench well (evenly!), and have the measured flour close by. Squash the artichokes and potato through the coarsest disc of the food mill to form a loose mound on the bench. Sitting it on a bowl is easier to handle.

Sprinkle with a good pinch of salt. Tip most of the flour into a sieve and sprinkle over the mound. Using a dough scraper, quickly but lightly combine the flour and vegies. Flour your hands before you knead the dough. Add more flour to the mix if necessary.

Cut the dough into 4 pieces and, using your fingers, roll each piece into a thin sausage about 2cm wide. Make sure your hands and the bench are floured. Cut each sausage into pieces about 2cm long then roll each piece into a ball. With your thumb, roll each ball on to the BACK of a fork, then put onto a floured tray.

Check that the water is boiling, GENTLY drop in as many gnocchi as will fit easily in one layer. Adjust the heat so that the water is at a simmer. When the gnocchi rises to the surface (about 3 minutes), lift out with the wire scoop and place into the warmed serving dish. Return the dish to the oven, to keep warm while you cook the rest of the gnocchi.

Can be frozen raw, then cooked while frozen.

serves 4