

# jerart gnocchi

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## **Equipment:**

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

## **Ingredients:**

250gms potatoes  
cooking salt  
400gs jerusalem artichokes (250gms when peeled)  
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, then peel the artichokes. Cut into small chunks, and place in the bamboo steamer. Place the wok over a high heat and pour in enough water to come 1/3 of the way up the sides. Rest the steamer (with lid) on top and steam for about 20mins until tender. Check with a skewer. Turn off the heat, lift the steamer off the wok, and set down on a tea towel on the bench. Take 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 100oC. 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 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.

serves 4, with a tomato-based sauce.

The 400gms jerusalem artichokes is a guessed amount, but you need 250gms peeled.

Deborah Kilpatrick, based on a recipe by Stephanie Alexander