



Make gnocchi yourself

Delicious Italian gnocchi homemade from potatoes. We tell you a simple gnocchi basic recipe.

 Easy  30 min.



Gnocchi made from potatoes (gnocchi di patate) are an absolute classic of Italian cuisine. Gnocchi (pronounced "njokki") are served like pasta as a first course, but they are not pasta. Rather, they are small dumplings (noodles) usually made from potato dough. In addition to the classic gnocchi made from potatoes, there are other Italian gnocchi variations - such as those made with a dough made from bread. For example, potato gnocchi are particularly popular in the Italian region of Abruzzo. By the way, making gnocchi di patate yourself is easier and faster than you think. In only about 30 minutes, you can conjure up homemade gnocchi with this basic recipe.

By the way: Just like the tomato, the potato also came from America to Europe in the 16th century. And together they harmonize particularly well - for example in basil gnocchi with tomato ricotta sauce.

Ingredients

1 kg floury potatoes
(peeled and cut into
pieces of about 4 cm)
150-200 g flour + some
flour for dusting
1 egg (beaten)
Salt

Step 1: The preparation

Peel the potatoes and cut them into pieces of about 4 cm. Steam them for about 25 minutes and then mash the hot potatoes with a potato masher until they are very small. If you don't have a steamer, you can also boil the potatoes in water and drain them. However, they will absorb more moisture that way. So you need more flour in the next step, so that the dough is not too liquid.

Step 2: The gnocchi dough

For the dough, use a fork to mix the egg with a little salt and gradually stir in the flour. Knead everything by hand to a smooth dough - but not longer than 5 minutes. If the dough is too sticky, add a little more flour.

Step 3: Form the gnocchi

From the dough you can now form rolls (about 1.5 cm in diameter) and cut off 2 cm pieces. Place the raw gnocchi on a lightly floured tea towel (absorbs moisture), add a little flour and press a grooved pattern into them with a fork. This way the sauce will stick to it better.

Step 4: The finale

Preparing gnocchi is very simple: bring lightly salted water to the boil in a pot and cook the gnocchi in it in batches. When they rise to the surface, they are done. Now quickly remove with a ladle, drain and serve directly with a delicious tomato sauce or pesto. Complimenti! You now have homemade gnocchi di patate.

Diese und weitere leckere Rezeptideen findest du auf:

www.rodiparma.de/italienische-rezepte