

BC FRESH POTATO GNOCCHI



Yields:

2 large portions

INGREDIENTS

3 medium	BC Russet Potatoes	360 g
2	BC Egg Yolks	2
1 tsp	Kosher or Sea Salt	5 ml
½ tsp	Black Pepper, ground	3 ml
2 tsp	Butter, melted	10 ml
¼ cup	Grated Parmesan Cheese	20 g
1 cup	Flour	100 g
2 tbsp	Butter	30 ml

DIRECTIONS

1. Peel and dice russet potatoes into 1 cm x 1 cm dice. Place in a pot of salted water and bring to a boil.
2. Reduce heat and simmer for 15 minutes or until fork tender.
3. Strain the potatoes and let sit in the strainer to dry for 10 minutes.
4. Start a pot of boiling salted water.
5. Place the dried potatoes into a mixing bowl and mash with a fork until smooth.
6. Add egg yolks, salt, pepper, butter and cheese. Mix until combined.
7. Add flour and mix. When all of the flour is combined, remove the dough to a lightly floured board and roll to make the dough 1.5 cm in diameter. Add flour as needed to avoid sticking.
8. Using small knife or a bowl scraper, cut the gnocchi into 3 cm pieces.
9. Roll the gnocchi in a fork to create the traditional grooves while using your forefinger to create a divot in the back of the gnocchi. Place on a plate to move the gnocchi to the boiling salted water.
10. Gently place gnocchi in the water and simmer to cook.
11. While cooking, heat butter in a frying pan and heat until foam subsides.
12. When done, the gnocchi will float to the top. Using a slotted spoon, carefully remove the gnocchi and place into hot butter. Fry until lightly brown on both sides.