

Poh's Gnocchi

<p>Equipment:</p> <p>Large pot Potato ricer Sharp knife Large bowl Grater Measuring cups and spoons Wooden spoon</p>	<p>Ingredients:</p> <p>1 kg Desiree potatoes, skins scrubbed and left on 300 g plain flour 1 tsp salt 100 g parmesan cheese, finely grated 1 large free-range egg, lightly beaten water 2 tsp salt</p>
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What to do:

1. In a large pot, cover the potatoes with plenty of water and bring to the boil. Reduce the heat to a simmer and cook until JUST tender – so the tip of a knife is easily inserted. Drain and cool briefly. Hold the potatoes with a tea towel or oven mitt in one hand and peel the skin off with the other. Make sure not to over boil your potatoes or they will crack and become waterlogged. The issue with this is you'll need way more flour to bind the mixture which will make your gnocchi hard and chewy rather than soft and pillowy.
2. Begin by roughly mixing the flour, salt and parmesan in a large mixing bowl. To mash the potatoes, use a mouli or a potato ricer or mash with a fork and push through a sieve. Add the potato and egg to the flour, salt and parmesan mixture, then gently squeeze until just combined. The texture should feel like very soft play dough, but it shouldn't stick to your hands. Dust the bench with flour, break off small amounts of dough and gently roll into 1 cm diameter sausages. With a knife, cut off 2 cm sections, roll them in plain flour to prevent sticking and rest them on a tray ready to boil.
3. In a large pot, boil plenty of salted water (1.5 litres to 1 tablespoon salt). Shake excess flour off the gnocchi before tossing into the boiling water. When the gnocchi are cooked, they will float. Gently scoop them out with a slotted spoon and lower straight into the tomato sauce. Handle the gnocchi very gently, so you don't end up with a porridge of potato! Serve in bowls with a sprinkle of grated parmesan and garnish with a generous amount of chopped parsley.