



COOKING CLASSES
AT SUR LA TABLE

AUTUMN GNOCCHI

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Produce

- 2 pounds Yukon Gold potatoes
- 1 package fresh sage leaves
- 1 lemon

Dairy

- 1 egg
- 8 ounces unsalted butter

Pantry Items

- Kosher or sea salt
- All-purpose flour
- Black peppercorns, freshly ground
- White pepper (see recipe for substitution suggestion)

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Paring knife
- Cutting board

Hand Tools/Gadgets

- Fork
- Potato ricer, food mill or potato masher
- Measuring cups and spoons
- Bench scraper
- Microplane
- Gnocchi paddle, optional
- Slotted spoon or spider

Cookware

- Large saucepan
- Large skillet

Bakeware

- Rimmed baking sheet

Tabletop

- Serving bowl

Other

- Clean kitchen towels

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Gnocchi

1. We will use the microwave cooking option in class. If you would rather use an oven, follow the instructions for baking your potatoes. Please be mindful of the time and begin baking your potatoes about an hour prior to class.

Introduction:

The plump, light, pillow-like texture of gnocchi, along with its delicate and mild flavor makes it perfect for rich, hearty sauces such as meat, pesto or creamy cheese sauces.

In Italy, gnocchi is served in smaller portions, as a first course after appetizers, instead of pasta. As a general rule, meat sauces are the perfect accompaniment to gnocchi, however butter and cream based sauces also work well.

Steps to Perfect Gnocchi:

1. We recommend you use Yukon Gold potatoes. Russets will do fine, but the nutty flavor of Yukon Golds is a common favorite amongst gnocchi masters.
2. Bake the potatoes instead of boiling them. This keeps the gnocchi dough from becoming wet (and requiring more flour). Baking captures and seals in the potato flavor, whereas boiling can cause some of the flavor to seep out into the water.
3. When baking potatoes, pierce each potato several times with a fork and sprinkle with salt to draw out any excess moisture.
4. When the potatoes are slightly cooled, pass the potatoes through a potato ricer. This tool will produce small crumbles of potatoes that release more moisture for fluffier gnocchi. A potato masher will produce a thicker consistency and a denser dough.
5. Be careful not to overmix the dough during the mixing or kneading process, as it will make the gnocchi tough. The dough should feel very delicate.
6. Use a bench scraper to incorporate the potatoes and the flour. This helps prevent overworking the dough.
7. Classic Italian gnocchi is made by pressing the dough over a floured fork, which imparts traditional ridges. However, it is becoming increasingly more common to find gnocchi cut into small, uniform squares resembling cute little pillows. They look more consistent in shape and size and are less messy to make.

CLASSIC GNOCCHI WITH BROWN BUTTER AND SAGE SAUCE

Yield: 4 servings

A favorite of many, these Italian potato dumplings should be light and pillowy in texture. After forming the gnocchi, refrigerate and cook within 2 to 3 hours or freeze for up to 1 month. To freeze, lay gnocchi on a sheet tray and place in the freezer. Once they're frozen, gently scrape them off the sheet pan and place in an airtight container.

2 pounds Yukon Gold potatoes
2 teaspoons kosher salt, plus more for baking
1 1/4 cups all-purpose flour, plus more for dusting
1 egg, beaten
1/4 teaspoon freshly ground white pepper

1/2 pound (2 sticks) unsalted butter
6 tablespoons finely chopped fresh sage leaves
1 tablespoon lemon zest
Freshly ground black pepper, to taste

Preheat oven to 400°F and place a rack in the center.

- 1. To prepare the potatoes:** Prick potato skins several times with a fork and place on a rimmed baking sheet; sprinkle with kosher salt. Bake the potatoes until easily pierced with a sharp paring knife, about 50 to 60 minutes.
- Remove potatoes from oven and allow to cool slightly, about 5 minutes. Using a kitchen towel and paring knife, carefully peel the potatoes and immediately process with a potato ricer or food mill over a rimmed baking sheet. Let riced potatoes cool completely, about 15 to 20 minutes.
- Sprinkle cooled potatoes with flour, egg, salt, and pepper and knead into a smooth, moist dough. If dough feels sticky, incorporate up to another 1/4 cup of flour.
- Place dough on a lightly floured work surface and cut into fourths with a bench scraper. Roll each portion into a long rope about 3/4 inch in diameter. Using the bench scraper, cut the rope into 1-inch pieces. Roll each piece with your thumb, forming an indentation on one side, or roll the gnocchi over a gnocchi paddle or the back of a fork. Set the gnocchi on a lightly floured baking sheet and cover with a kitchen towel as you form the remaining gnocchi.
- 5. To cook the gnocchi:** Fill a large pot with water, heat on high and bring to a simmer. Generously salt the simmering water and add gnocchi in batches. Cook until they rise to the surface, about 2 to 3 minutes. Using a slotted spoon or spider, drain gnocchi and transfer to a large serving bowl.

6. **To make the sauce:** Melt butter in a large skillet over medium heat, stirring occasionally until butter turns golden-brown and gives off a nutty aroma, about 3 to 5 minutes. Remove skillet from heat and stir in chopped sage and lemon zest. Add the cooked gnocchi to the skillet and toss until thoroughly combined with the sauce. Taste and season with salt and pepper.

7. **To serve:** Divide cooked gnocchi between 4 warmed pasta bowls and serve immediately.

Gnocchi variations:

Tip:

- Use the microwave to cook the potatoes quickly. Prick each potato a few times with the tines of a fork and microwave until tender, about 8 minutes per pound of potatoes.

Substitutions:

- Try substituting yams or sweet potatoes for some of the potatoes. Not only do they taste great, they also give an orange hue to the gnocchi.
- Freshly ground black pepper is a great substitute for white pepper.