



COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES
PASTA 101
GNOCCHI

WITH SUR LA TABLE CHEF

MENU:
CLASSIC GNOCCHI
SWEET POTATO GNOCCHI
GNUDI

Ingredient Shopping List

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

Produce

- 2 3/4 pounds Yukon Gold or russet potatoes
- 3/4 pound sweet potatoes

Dairy

- 3 large eggs
- 1 tablespoon unsalted butter
- 1 pound whole-milk ricotta cheese
- 1/2 cup freshly grated Parmigiano-Reggiano

Pantry Items

- All-purpose flour
- Kosher salt
- Freshly ground black pepper
- Light brown sugar
- Freshly ground nutmeg

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

- Mixing bowls (various sizes)
- Fork
- Potato ricer, food mill, or potato masher
- Measuring cups and spoons
- Bench scraper
- Gnocchi paddle (optional)
- Digital scale (optional)
- Fine-mesh strainer
- Microplane
- Flour sifter (optional)
- Cheese grater
- Silicone spatula

Bakeware

- Rimmed baking sheets
- Wire baking rack

Other

- Kitchen towels
- Zip-top freezer bags

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.

Classic 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 1 hour before class.

Sweet Potato 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 1 hour before class.

Gnudi

1. 30 minutes prior to class, transfer ricotta to a fine-mesh strainer and drain of excess liquid.

CLASSIC GNOCCHI

Yield: 4 servings

Often called pillows of joy, gnocchi are mini dumplings found throughout Italy. Named after nocchio or knots in wood, this simple and satisfying pasta pairs well with most sauces.

2 pounds Yukon Gold potatoes
1 1/4 cups all-purpose flour, plus more as needed
1 large egg, beaten
2 teaspoons kosher salt

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

1. **To prepare dough:** Pierce potatoes all over with a fork. Place potatoes onto a wire rack set over a rimmed baking sheet and bake in oven until tender, about 1 hour. Set aside until cool enough to handle.
2. Using a kitchen towel and paring knife, carefully peel potatoes and immediately process through a potato ricer or food mill onto a baking sheet. Spread riced potatoes out evenly and allow to cool slightly.
3. Using a fine-mesh strainer, dust potatoes evenly with flours. Drizzle egg and salt over potatoes and knead until you have a smooth, cohesive dough, about 2 minutes. If dough feels sticky, incorporate up to 1/4 cup more of flour. Set gnocchi aside, covered with a kitchen towel to rest for 20 minutes.
4. **To shape gnocchi:** Place dough on a lightly floured work surface and cut into quarters with a bench scraper. Roll each portion into a long rope, about 3/4" in diameter. Using a bench scraper or a knife, cut rope into 3/4" long pieces. Set cut gnocchi on a lightly floured baking sheet and cover with a kitchen towel as you form remaining dough.
5. Bring a large pot of water to a gentle boil and season generously with salt.
6. **To cook gnocchi:** Add gnocchi, in batches, to simmering water and cook until they float on surface, about 2 to 3 minutes. Toss directly in your favorite sauce or brown gnocchi in a skillet with butter and serve with freshly grated Parmigiano-Reggiano.

Microwave instructions:

- 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.
- Gnocchi can be boiled and tossed in any of your favorite sauces. Try marinara, fresh pesto, or a rich Bolognese sauce.

SWEET POTATO GNOCCHI

Yield: 4 servings

3/4 pound (about 1 medium) sweet potatoes, scrubbed
3/4 pound (about 1 medium) Yukon Gold potatoes, scrubbed
1 1/4 cups all-purpose flour, plus more for rolling
1 large egg, beaten
1 1/2 teaspoons kosher salt
Freshly ground black pepper
1/2 teaspoon light brown sugar
1/8 teaspoon ground nutmeg

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

- 1. To prepare dough:** Pierce potatoes all over with a fork. Place potatoes onto a wire rack set over a rimmed baking sheet and bake in oven until tender, about 1 hour. Set aside until cool enough to handle.
- Using a kitchen towel and paring knife, carefully peel potatoes and immediately process through a potato ricer or food mill onto a baking sheet. Spread riced potatoes out evenly and allow to cool slightly.
- Using a fine-mesh strainer, dust potatoes evenly with flours. Drizzle egg, salt, pepper, sugar and nutmeg over potatoes and knead until you have a smooth, cohesive dough, about 2 minutes. If dough feels sticky, incorporate up to 1/4 cup more of flour. Set gnocchi aside, covered with a kitchen towel to rest for 20 minutes.
- 4. To shape gnocchi:** Place dough on a lightly floured work surface and cut into quarters with a bench scraper. Roll each portion into a long rope, about 3/4" in diameter. Using a bench scraper or a knife, cut rope into 3/4" long pieces. Roll the gnocchi over a gnocchi paddle or the back of a fork using your thumb. Set cut gnocchi on a lightly floured baking sheet and cover with a kitchen towel as you form remaining dough.
- Bring a large pot of water to a gentle boil and season generously with salt.
- 6. To cook gnocchi:** Add gnocchi, in batches, to simmering water and cook until they float on surface, about 2 to 3 minutes. Toss directly into your favorite sauce. To loosen sauce, toss with 1/4 cup pasta water.

Microwave instructions:

- 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.

Recipe variations:

- Sweet potato gnocchi pairs wonderfully with crispy sage and brown butter. After tossing the gnocchi in the sage brown butter sauce, garnish with freshly grated Parmigiano-Reggiano or pecorino.

GNUDI

Yield: 4 servings

Also called gnudi (pronounced “nu-dee”), these are a type of gnocchi made with ricotta cheese instead of potato.

1 pound whole-milk ricotta cheese, drained of excess water
1 large egg, beaten
1 tablespoon unsalted butter, melted
1/2 cup freshly grated Parmigiano-Reggiano cheese
1/8 teaspoon freshly grated nutmeg
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
3/4 cup unbleached all-purpose flour, plus more for dusting

1. **To prepare dough:** To a medium bowl, combine ricotta, egg, butter, Parmigiano-Reggiano and seasonings; stir until well combined. Using a fine-mesh strainer, sift flour over mixture and using a spatula, fold until a soft dough forms.
2. **To shape gnudi:** 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" in diameter. Using a bench scraper or chef's knife, cut ropes into 1" long pieces and transfer gnocchi to a lightly floured baking sheet.
3. Bring a large pot of water to a gentle boil and season generously with salt.
4. **To cook gnudi:** Working in batches, add gnocchi to boiling water and cook until they float to the surface, 2 to 3 minutes. Using a slotted spoon or spider, drain gnocchi and transfer to a large bowl, gently toss with your favorite sauce.

Recipe variations:

- Gnudi are traditionally served with both meat and meatless sauces, such as pesto.

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 rolling the dough over a wooden gnocchi board with ridges or pressing over a floured fork. 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.