



COOKING CLASSES

AT SUR LA TABLE

**QUICK MEAL:
CLASSIC 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.

Produce

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

Dairy

- 1 large egg
- 8 ounces unsalted butter
- 4 ounces Parmigiano-Reggiano or Pecorino Romano

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
- Cheese grater

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 before class.
2. Fill a stockpot with water and begin to simmer.

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 large egg, beaten
1/4 teaspoon freshly ground white pepper

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

1/2 cup Parmigiano-Reggiano or Pecorino Romano, freshly grated

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

- 1. To prepare potatoes:** Prick potato skins several times with a fork and place on a rimmed baking sheet; sprinkle with kosher salt. Bake potatoes until easily pierced with a sharp paring knife, about 50 to 60 minutes.
2. Remove potatoes from oven and allow to cool slightly, about 5 minutes. Using a kitchen towel and paring knife, carefully peel 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.
3. 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 flour.
4. 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, cut rope into 1" pieces. Roll each piece with your thumb, forming an indentation on one side, or roll gnocchi over a gnocchi paddle or the back of a fork. Set gnocchi on a lightly floured baking sheet and cover with a kitchen towel as you form remaining gnocchi.
- 5. To cook gnocchi:** Fill a large pot with water, heat on high and bring to a simmer. Generously salt simmering water and add gnocchi in batches. Cook until gnocchi rise to

surface, about 2 to 3 minutes. Using a slotted spoon or spider, drain gnocchi and transfer to a large serving bowl.

6. **To prepare sauce:** To a large skillet set over medium heat, melt butter. Cook, 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 cooked gnocchi to skillet and toss until thoroughly combined with sauce. Taste and season with salt and pepper.

7. **To serve:** Divide cooked gnocchi between 4 warmed pasta bowls, garnish generously with freshly grated cheese and serve immediately.

Gnocchi variations:

Microwave instructions:

- 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, but they also give an orange hue to the gnocchi.
- Freshly ground black pepper is a great substitute for white pepper.