

Rustic Gnocchi!

Clatskanie Farmers Market Food Demonstration

ClatskanieFarmersMarket.com

Gnocchi has been made for thousands of years, in various forms, in many different regions. They are thick, soft dumplings that can be made from a variety of flours, cheese, potatoes, eggs and more... and can be used in a side dish or main course. They are divine with sauces or butter... the essence of comfort food!

Here is an easy gnocchi recipe: just potatoes, flour and egg, boiled in salted water and served with browned herb butter. No special techniques or tools are needed to create this simple and satisfying food at home! The word, gnocchi, may have originated from the Italian word, nocchio, meaning a knot in wood.



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Rustic Gnocchi with Herb Butter, Serves: 4

- 1 cup mashed potatoes (may use sweet potatoes)
- 1-2 cups flour (or gluten free baking mix)
- 1 egg
- 4 tablespoons butter
- Fresh herbs: sage, dill, thyme, etc.
- Red pepper flakes, optional
- Parmesan cheese, grated or shaved

Bring a large pot of salted water to a boil. Mix egg into mashed potatoes. Add in flour until a soft ball of dough forms. On a floured surface, roll out ½" ropes, adding more flour as needed. Cut into 1" pieces and set aside while you prepare the herb butter: Melt butter in a large skillet until it turns light brown and fragrant. Add the herbs and sizzle for a minute more, then turn off the heat. Drop the gnocchi into the boiling water and stir. As soon as they float to the surface (about a minute), remove with a slotted spoon to the skillet with butter, tossing to coat. Add salt, pepper and red pepper flakes as desired. Top with parmesan to serve. Enjoy!!