

GNOCCHI



Ingredients

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| 1 cup potatoes, cooked and mashed | 1 egg |
| Kosher salt and freshly ground black pepper | 1 Cup flour |
| 1 tablespoon Extra-virgin olive oil | |
| 1/4 cup chopped fresh herbs (chervil, chives, basil, or parsley), optional. | |



Directions

1. Cook and mash potatoes, best method is to run potatoes through a potato ricer or sieve.
2. Sprinkle $\frac{3}{4}$ cup of the flour over the potatoes, use knuckles, press flour into the potatoes. Fold the mass over on itself and press down again. Sprinkle more flour and continue until there is a dough consistency.
3. Remove the dough clinging to the fingers back into the dough. If the mixture is too dry, add another egg or a little water. The dough should feel nice and give under a little pressure.
4. Test dough by rolling a piece with your hands on a well-floured board into a rope $\frac{1}{2}$ -inch diameter. If the dough holds together, it is ready. If not, add more flour, fold and press the dough several more times and test again.
5. Cut the dough into 4 pieces and roll each piece into a rope about $\frac{1}{2}$ -inch in diameter. Cut into $\frac{1}{2}$ -inch long pieces. Lightly flour the gnocchi as they are cut. There is a classic gnocchi shape with a gnocchi board which is a ridged paddle, also the tines of a large fork turned upside down can shape the gnocchi. Turn fork upside down with tines in the air and take each piece and squish it lightly with thumb against the board or tines. The indentation holds the sauce and helps the gnocchi cook faster. Set gnocchi on a lined baking sheet for 15 minutes then turn gnocchi over. Gnocchi can be frozen at this point.
6. Bring water to a boil, salt the water with 1 teaspoon salt and drop the gnocchi in. Stir and bring back to a boil, cook 1 to 2 minutes until gnocchi floats. Drain, add olive oil and grated parmesan cheese, toss, top with chopped fresh herbs. Serve immediately.

Officer Andy's Safety Corner



Prep time: 20 minutes
Cook time: 20 minutes
Serves: 4