



FOOD
FRESH
PROJECT



VEGETABLE MASH GNOCCHI

1 Cup vegetable mash/puree

1 Whole egg + 1 egg yolk

1 Cup flour + extra for sprinkling

Oil for pan frying

Start by making a vegetable mash, if needed, boiling until tender and mashing until smooth. Let cool slightly and transfer to mixing bowl. Before making the dough put a medium/large pot on to boil and throw a bit of salt in to season the water (*it should be salty like the ocean*). To start the dough, use a whisk to mix in your whole egg and yolk, then with a spoon or fork, sprinkle the flour over the top of your surface and cut it into the mixture. You can do this by making little criss-cross cuts throughout the mixture until it is blended in, then follow with a scrape around the sides and fold into the middle. We want to use this method so we don't develop too much gluten in the dough so our gnocchis will stay nice and soft.

Once you have all your flour incorporated, you should have a dough much-resembling play-doh; with the dough, we are going to cut chunks off and roll into a snake shape. Using a knife, cut it into bite-size pieces and place onto a baking tray or plate to keep them out of the way while preparing the rest of the dough.

Once you have all the gnocchis prepared, head over to your pot of boiling water and throw about half of your batch of gnocchi in, we don't want to throw them all in right away; this will cause the water in the pot to cool down, and they won't cook as quickly or consistently. Let the gnocchi boil until they come up to the surface of the water and float, then remove them with a slotted spoon or a regular spoon and place onto another baking tray (*or the same one your already using, DISHES am I right?!*) and send the other half in to boil!

Once all your gnocchis are blanched, let them cool for a minute before we move on to the next part and the **FINAL STEP!** In order to have perfect, pillowy, delicious gnocchi, it's best to pan sear them, so you get a nice toasty crunch on the outside and the delicious soft inside. Start by placing a pan over medium-high heat and allowing it to heat up. Then add about 1 tbsp of cooking oil (vegetable or canola is the best for this step as they have a very high smoke point, olive oil would be lovely to toss them in after but doesn't have as high of a smoke point, so if you sear the gnocchi with it, it will end up with a burnt taste.) and let the oil heat up **BEFORE** you put the gnocchi in; this is the secret behind getting a good sear on anything and making sure they won't stick to high heavens.

Once your oil appears thinned out, it should be hot enough; place your gnocchi in, making sure not to overcrowd your pan (*the same idea with the boiling water, we want our pan and the oil to stay nice and **HOT***) so doing this in a couple of batches might be the best idea if you have a small pan or a lot of gnocchi. Let the gnocchi sear on the first side for a minute or two; you should be able to look at the side/underneath and see it starting to become golden brown. Once they have browned to your liking, give the pan a little shake, and they should pop loose if you have to coax some of them loose with a spatula, feel free. Flip them over and let the other side get crispy!

I always like to finish gnocchi with a bit of butter or margarine in the pan and some herbs (fresh or dry), but pesto would be delicious a bit of tomato sauce and parmesan, or a cheesy cream sauce! This is an easy base for a delicious meal (*and a great way to trick some picky eaters into eating their veggies!*)

ENJOY!