



Make Your Own Gnocchi

Delicious homemade Italian gnocchi made from potatoes. We'll share a simple basic gnocchi recipe with you.

 Easy  30 min.



Potato gnocchi (gnocchi di patate) are an absolute classic of Italian cuisine. Gnocchi (pronounced “nyokki”) are served as a first course, just like pasta, but they are not pasta. Rather, they are small dumplings (lumps) that are usually made from potato dough. In addition to the classic potato gnocchi, there are also other Italian gnocchi variations—such as those made with bread dough. Potato gnocchi, for example, are particularly popular in the Italian region of Abruzzo. By the way, making gnocchi di patate yourself is easier and faster than you might think. In just about 30 minutes, you can whip up homemade gnocchi using this basic recipe.

By the way: Just like the tomato, the potato made its way from the Americas to Europe in the 16th century. And together, they pair especially well—for example, in basil gnocchi with tomato-ricotta sauce.

Ingredients

1 kg floury potatoes
(peeled and cut into
pieces about 4 cm in size)
150–200 g flour + a little
flour for dusting
1 egg (beaten)
Salt

Step 1: The Preparation

Peel the potatoes and cut them into pieces about 4 cm in size. Then steam them for about 25 minutes and mash the hot potatoes with a potato masher until they're very fine. If you don't have a steamer insert or a steamer, you can also boil the potatoes in water and drain them. However, this causes them to absorb more moisture. So in the next step, you'll need more flour to keep the dough from becoming too runny.

Step 2: The Gnocchi Dough

To make the dough, mix the egg with a little salt using a fork, then gradually stir in the flour. Knead everything by hand until you have a smooth dough—but don't knead for more than 5 minutes. If the dough is too sticky, add a little more flour.

Step 3: Shaping the gnocchi

Now form the dough into rolls (about 1.5 cm in diameter) and cut them into 2-cm pieces. Place the raw gnocchi on a lightly floured dish towel (to absorb moisture), sprinkle a little more flour over them, and press a ridged pattern into them with a fork. This helps the sauce stick to them better.

Step 4: The Finale

Making gnocchi is really easy: Bring lightly salted water to a boil in a pot and cook the gnocchi in batches. When they float to the surface, they're done. Quickly scoop them out with a slotted spoon, drain them, and serve immediately with a delicious tomato sauce or pesto. Complimenti! You now have homemade gnocchi di patate.

You can find this and more delicious recipe ideas at:

www.rodiparma.de/en/italian-recipes