

POTATO GNOCCHI TIPS AND TRICKS



Apparently, potato gnocchi are easy to make, but it hides a number of small pitfalls that can determine the outcome of a bad dish.

The secrets to making potato gnocchi that don't go out of shape when cooked, that keep a smooth, soft and tasty texture and that have a slight potato flavor rather than the annoying taste of wheat flour, little tricks and tips are necessary to have a safe and satisfactory result at the first attempt.

When it comes to the work surface I should definitely use for the dough if marble or plastic should be used and the wooden surface should be avoided and at least on the delicate part of the ingredients assembly or try the non-slip silicone mat that adheres to the table.

As for the type of potato when it comes to potato gnocchi the best option is to use a variety of dried and starch potatoes like red potatoes and mash will be less liquid and will require less amount of wheat flour.

On the other hand, small amounts of wheat flour also mean a better result. This will taste the authentic taste of the potatoes and if it is possible to use the Russet or Yukon Gold potatoes and gradually add the wheat flour.

If, as in most cases, you have already bought potatoes and do not know what variety they belong to, you need to follow a series of small steps to make the gnocchi dish a success.

Wash the potatoes with the skin in fresh water and then cook in a large pan with plenty of water.



Occasionally, stick with a fork to check for cooking after 20 to 40 minutes, depending on the size of the potatoes and when cooked, drain and peel.

Place the wheat flour on the work surface and leave a hole in the center. Then put the potatoes in a potato masher and knead slowly at first to let excess water out.



Repeat the process until all excess water comes out of the holes and the potato masher needs to release only the puree and the whole operation is worth it to avoid the dough becoming too soft and, if appropriate, not making the mistake of compacting by adding more wheat flour.

The best tasting potato gnocchi are those with the least wheat flour possible. If the dough is still soft, add a teaspoon of cornstarch but not wheat flour.

Add a pinch of fine salt and 2 tablespoons of beaten egg so that egg yolk and egg white are evenly distributed.



Mix ingredients by hand quickly and for a short time. A long process would make the pasta sticky and the potato gnocchi pasta should be very unmixed and possibly when the potatoes are still hot because of the heat that favors assembly.



Making a ball quickly and absolutely not adding wheat flour and following the instructions will not be necessary and you will get a soft but compact ball that can work on a wooden surface if you wish. Cut a piece of dough and place on floured surface.



By hand make a long roll of dough about the thickness of a finger. Cut the roll every 2 cm just to get small cylinders.



Now use a previously floured gnocchi board and slide the small gnocchi over the gnocchi board by pressing lightly with your thumb.

Continue with potato gnocchi until all the batter is ready and let the gnocchi rest at room temperature for about 20 to 30 minutes before cooking.



Resting time is important for a number of reasons such as completely cooling and slightly drying on the surface and the step is necessary so that the gnocchi can maintain its shape even after cooking.

If you place the potato gnocchi in boiling water immediately, the gnocchi may stick together and if you let the gnocchi rest for more than half an hour they may dry out and become dark and hard. The ideal rest time is about 20 minutes and a maximum of 30 minutes.

Gnocchi should be cooked in a large pan with plenty of salted water and the gnocchi are dipped in boiling water after they are lightly shaken from the flour.

Do not stir too much during cooking and especially not quickly and the potato gnocchi is ready when fully surface.

Remove a few at a time and drain with a perforated shell and not with the sieve. Put in a bowl with the seasoning preferably such as melted butter, sage and a lot of Parmesan or pesto alla genovese or bolognese sauce or fresh tomato sauce. Stir a little and serve.

Potato gnocchi should not be stored in the refrigerator as it is dark and potatoes should never be stored in the refrigerator. To keep the gnocchi for a long time should be frozen. Place well-spaced potato gnocchi in floured wooden, plastic or cardboard trays.

Place the gnocchi trays in the freezer and wait 2 to 3 hours and then transfer to appropriate food plastic bags and put back in the freezer.

Do not put soft, fresh gnocchi in plastic bags as they will stick together. Cook the still frozen gnocchi in boiling water directly from the freezer to the pan. Thus, gnocchi maintain the softness and texture of freshly made potato gnocchi