

Potato Gnocchi

with tomato, sausage and mushroom sauce

Ingredients

Serves 4 as a main

Gnocchi

600g desiree (or other dry) large potatoes

150 - 200g plain flour or more

pinch salt

Sauce

3 tablespoons olive oil

1 brown onion, diced

2 cloves garlic, crushed

2 good deli style pork sausages

2 cups sliced mushrooms

½ cup red or white wine

400g can tomatoes

½ cup pouring cream

2 cups sliced spinach

½ cup chopped fresh basil

Pepper and salt to taste

extra water or wine to thin

To serve

120g parmesan cheese & salad

Method

Gnocchi

You can boil or bake the potatoes for this recipe

1. Place whole unpeeled potatoes onto an oven tray in a hot oven and cook for 40 minutes or until very soft. Do not over or under cook. OR
2. Place unpeeled potatoes into a saucepan that will hold them and cover with water. Cook for around 40 minutes or until soft. Check after 30 minutes.
3. Peel as soon as they are cool enough to handle.
4. Push potatoes through a ricer or mash and turn onto a floured bench. Add a pinch of salt and ¾ of the flour and knead until smooth and elastic. Do not over work it. It will be a light dough.
5. Divide dough into 4 and dust the bench with flour. Roll each piece into a long sausage, the thickness of your thumb.
6. Cut into 1cm lengths, making sure they are evenly sized. (At this point, you could test dough by cooking one and making sure it holds together.)
7. Flour the bench top, a fork (or Gnocchi board) and your hands.
8. Place each piece of Gnocchi into the palm of your hand and roll it with the back of a fork from the base of the fork prongs to the tip and flick it downwards off your palm.
9. Repeat until all are done. Regularly flour your fork & palms. Transfer Gnocchi to a floured plate. Keep them slightly separated.
10. Bring a large pot of water to the boil. Warm a dish with some of the boiling water (you will be adding the Gnocchi to this.)
11. Add ~ 12 pieces of Gnocchi to the water at a time.
12. Boil gently until they float to the top and transfer immediately with a slotted spoon to the warm dish. They only take about 30 - 60 seconds to cook.
13. Once all are cooked, toss them in the warm sauce, top with parmesan and serve with salad.

Sauce

14. Sauté onion in 2 tablespoons of olive oil in a heavy based frying pan for 10 minutes. Do not brown. Add garlic and sauté a further minute.

15. Meanwhile, remove skins from sausages and chop/ mush finely.

16. Add to the pan and stir well, breaking up the sausage with a metal spatula.

17. Add mushrooms and remaining olive oil and stir until mushrooms start to bleed their juices.

18. Add tomatoes & wine, stir until tomatoes soften & wine evaporates a little. Turn off the heat.

19. Just before serving, turn the heat back on, add cream and stir. Simmer on low for a couple of minutes. Add spinach and basil, salt and pepper and stir until greens are wilted.

20. Thin with water, wine or gnocchi cooking liquid if desired.