

# 4 ingredient potato gnocchi

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Gnocchi is an Italian pasta, think small Italian dumplings, the most common is classic potato gnocchi. made of cooked mashed potatoes, flour and eggs. And It's no wonder most Italian restaurants have gnocchi on the menu. Most home cooks are intimidated by making gnocchi at home. I am here to tell you you don't have to be.

Making homemade gnocchi is a lot easier than you think. The most challenging part is getting the dough to the right consistency to produce the soft light gnocchi dumplings. This make take a few attempts, and that's okay. After a few tries you will be making gnocchi like a pro.

I have included a video. I hope it helps!!!

## Tips when making this 4 ingredient potato gnocchi at home

One: Boil the potatoes uncut. This is important cut boiled potatoes are full of water. Meaning you have to add more flour that means hard rock like gnocchi

Two: let the gnocchi dough rest at room temperature for at least 15 minutes. This makes working with dough easier.

Three: I used a fork to add strips to the gnocchi. This isn't a necessary step, but it does make for a pretty presentation. I have linked a gnocchi stripper . If you want to go fancy.

Growing up, and in later years at the restaurants I watched my Mama make gnocchi, on a floured board using both hands, her

skills never ceased to amaze me.

I was never as masterful as my Mama, but in the restaurants before the prep cooks and after my Mama passed, I make thousands of gnocchi, although I never learned how to use two hands.

When you make this recipe please leave me a comment and don't forget to tag me on Instagram, that's my favorite part!!!

## Ingredients

- 4 cups mashed potatoes
- 3 cups of flour
- 1 egg
- 1 cup grated parmesan
- Salt and pepper to taste

## Instructions

1. Start by peeling the potatoes and boiling the WHOLE UNCUT potatoes in salted water, until fork tender. about 20 minutes.
2. Remove from the water on a lightly floured board using a potato masher or potato ricer mash the potatoes until smooth. Make a well in the center add the rest of the ingredients , including salt and pepper.
3. Beginning kneading the dough until smooth, adding more flour a little at a time , until you have a smooth dough the dough will be slightly sticking. Let the dough rest covered for 30 minutes.
4. Then section the dough into 8 equal pieces. Roll into 12 inch long ropes flour lightly, cut the ropes into 1/2 inch pieces flour lightly. Using a fork and your thumb roll the gnocchi pieces into the classic shape. I have included a video showing the technic.
5. Store on a parchment lined cookie sheet covered in your

refrigerator for 2 days or they can be frozen. ENJOY!!!!