

1.9 HINTS AND RECIPES FOR PRODUCTION OF “GNOCCHI” (POTATO DUMPLINGS)

Gnocchi are made with a dough consisting mainly of fine ground flour (“00”) and potatoes or by-products such as potato four, potato flakes, ready-mixes, etc., as we shall see further on.

Other ingredients used in the mixture are: water, eggs (on average 1 egg per Kg. of product), salt, seasoning, vegetables such as pumpkin, nettles, spinach or other to obtain coloured and flavoured gnocchi. When vegetables are used, these have to be well squeezed to eliminate excess water, if necessary the moisture can be corrected by adding a little flour.

Some recipes follow for gnocchi made with potatoes, potato flakes and ready mixtures respectively.

However, each recipe can be changed according to taste and/or the experience of the user.

Potato dumplings:

Boil the potatoes with peel the day before, drain them and peel them while hot, leave them to cool and dry (if this is not possible, place them in a hot oven for 20 minutes).

Sieve them or use a mincer, incorporate 300/400 gr of flour for each Kg of potatoes, an egg, salt, other seasonings (for example nutmeg) and mix well for 2-3 minutes.

If the mixture is too wet, add a minimum dose of potato flakes or ready-mix for potato dumplings.

Potatoes Kg 2 – potato flakes Kg. 0.5 – flour Kg 0.5

Potatoes Kg 2 – flour Kg 0.4 – ready-mix for potato dumplings Kg 0.4

Potatoes Kg 2 – ready-mix for potato dumplings Kg 0.6

Gnocchi with potato flakes:

Ingredients: 2.5 Kg flour, 1.5 Kg potato flakes, 100 gr salt, 5 litres water - separate: 2.5 litres water, 1 Kg potato flakes, 10 eggs.

Procedure: bring the salted water to the boil, add 2.5 Kg of flour and 1.5 Kg of potato flakes and mix for a maximum of 3 minutes while cooling.

Add 1.5 Kg of potato flakes already mixed with 2.5 litres of cold water and 10 eggs. Mix to obtain a smooth paste.

Gnocchi with commercially prepared ready-mix:

Mix the doses of product and water indicated in the instructions taking care to use hot water at 80 – 90°C. Some products may be mixed with cold water; see manufacturer’s instructions.

Always remember that the flour unit has to be fed with sieved rice flour or fine ground flour. Other types of flour are not suitable.