

Gnocchi

1kg *Russet potatoes* Preheat oven to 400°F (200°C).
2 *eggs* Choose a variety of potato that is mealy, dry, and
250g *flour* has a higher starch content; such as Russet
12g *salt* potatoes.

With a fork poke several holes into potatoes. Then microwave for 10 minutes or until potatoes are just starting to soften a little bit. Continue by transferring potatoes to the oven and baking for another 15-20 minutes.

Remove potatoes from oven and peel while they are still hot. Process with a potato ricer and spread out on a cookie sheet. Try to leave processed potatoes as fluffy as possible and give them maximum surface area, so that they lose the maximum amount of moisture while cooling down. The less moisture is left, the less flour is needed to form a dough.

When cooled to room temperature after about 5 minutes, weigh the potatoes, as there will have been some losses during processing.

For each 500g of processed potatoes, add one whole egg; for each remaining increment of 250g, add one egg yolk. For each 100g of potatoes, add 25g of flour. For each 100g of potatoes, add 1.2g of salt.

Knead by hand for up to 1 minute or until all ingredients are fully incorporated. Do not knead excessively.

In small batches, form dough into ropes of about 1-1½ cm diameter, and cut into 2cm segments. Optionally, form traditionally shaped gnocchi by using your thumb to roll dough over the back of a fork. Temporarily arrange gnocchi on a cookie sheet, so that they don't touch. Don't leave uncooked for too long, as raw gnocchi will "sweat" and become hard to handle.

Gnocchi can be cooked immediately, or individually quick frozen on the cookie sheet and later transferred to a storage container in the freezer.

Boil in salt water for about 90 seconds or until the majority of gnocchi have floated to the surface. Avoid boiling too vigorously, as gnocchi are quite delicate. Remove from water with a slotted spoon instead of by draining, as the latter could damage the gnocchi.

Season to taste or briefly fry with a little olive oil.

Makes about 200-250 gnocchi per 1kg of potatoes.