



POTATO GNOCCHI WITH A SUMMER VEGETABLE SAUCE

Season:	Any
From the garden:	Potatoes, eggs, tomatoes, eggplant, courgette, capsicum, basil
Type:	Lunch, dinner
Difficulty:	Easy
Country of origin:	Italy
Serves:	6 serves or 36 tastes
Source:	Nadia Lim

Equipment

- *chopping board and knife
- *measuring cup
- *measuring spoon
- *potato ricer
- *large cooking pot
- *slotted spoon

Ingredients

- *1.5 kg whole baked potatoes
- *1 cup plain flour, plus extra for dusting
- *1 egg
- *1 tsp salt

For the sauce:

- *chopping board and knife
- *frying pan
- *colander
- *wooden spoon
- *measuring spoons
- *baking dish
- *1 kg tomatoes
- *2 capsicum
- *1 med. eggplant
- *2 med. courgette
- *1 small onion
- *2 clove garlic

- *handful of fresh basil**
- *1 tsp dried oregano**
- *2 tbsp tomato paste**
- *1 tsp salt and pepper to taste**
- *1 tsp sugar**
- *olive oil for frying**
- *1 cup grated cheese to serve**

Method

- 1. for the gnocchi, cut the baked potatoes in half and scoop out the flesh (save the skins, they can be baked in the oven until crunchy and served as a snack with a sprinkle of salt)**
- 2. using a potato ricer, rice the flesh onto a clean surface.**
- 3. mix the riced potatoes with the flour and salt and make a well in the middle**
- 4. break the egg into the potato and flour mixture and mix it together into a soft dough**
DON'T OVERMIX. as soon as the mixture comes together, stop kneading
- 4. split into 4 portions and roll each portion into a long sausage, around 1 cm in diameter**
- 5. use a knife and cut into 2 cm long pieces, dust with flour to prevent sticking**
- 6. bring water to the boil in a large pot and cook the gnocchi till they float to the surface, 1-2 minutes**
- 7. remove them with a slotted spoon and place on a plate**
- 8. preheat oven to 200 degrees**
- 9. for the tomato sauce, chop the onion, the garlic and the basil**
- 10. chop all vegetables into even sized small pieces**
- 11. fry the onion and garlic in oil until translucent**
- 12. add the chopped courgette, eggplant and capsicum and fry until lightly browned**
- 13. add the tomatoes, tomatoe paste, salt, pepper, sugar, oregano and basil**
- 14. turn the heat to low and let the sauce simmer for around 15 minutes**
- 15. place the cooked gnocchi into a large baking dish, pour the tomato sauce over and sprinkle with the cheese**
- 16. place the dish into the oven until the cheese has melted and the surface is lightly browned**

Skills: measuring, *sautéing*, chopping, shaping gnocchi

