

Chef Anthony's Homemade Gnocchi with Three-Cheese Sauce

Preparing for Two



Note: The Gnocchi are not so difficult to make, but I recommend purchasing double amounts of the ingredients and have ready for the class. That way if you run into trouble, we have a chance to start over. Please ensure to have a very large chopping board to mix the gnocchi dough or free the preparation table on your kitchen.

Gnocchi Ingredients

12.5 oz/350 g. potato (about two large or three medium) – Yukon gold, King Edward, Russets or any dry, starchy potato

Before the class, boil unpeeled potatoes for around 40 minutes until a toothpick can be inserted easily. Keep potato covered and warm for the cooking class.

3.5 oz./100 g. (0.8 Cup) all-purpose flour, plus extra to be kept available during the class

1 egg yolks in a small bowl

1.75 oz/50 g (2Tablespoon). grated Parmigiano Reggiano cheese

1 pinch black pepper

1 Teaspoons/ 3g. salt



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Cheese Sauce Ingredients

1.5 Cup /350 ml milk

4 Tablespoons. /50g of butter

1,5 Tablespoons. /20 g of flour

2 Tablespoons. /40 g. of grated Parmigiano Reggiano cheese

1.5 Tablespoons. /30 g. crumbled gorgonzola cheese

1.5 Tablespoons. /30 g. of grated or shredded (or small cubes) asiago cheese

Salt and fresh ground black pepper

Tools

Large cutting board or flat working table

Microplane grater

Potato masher/ricer or large fork

Small trays, bowls, or plates to hold food

Knife

Large pot of boiling salted water to be ready during the class

Skimmer or large slotted spoon (spider)

Cheese grater

Small/medium saucepan

Mixing spoon

Sauté pan (9 in./30 cm)

TIPS: Please ensure to have a very large chopping board to mix the gnocchi dough or free from any unnecessary item from the preparation table on your kitchen.

Gnocchi Directions

1. Starting the class, we peel off the skin of the potato. Pass through a potato ricer or masher or press with a fork while still warm - try not to overwork the potato, keeping it as light as possible.
2. Add the flour and the egg yolks, season with salt and pepper and nutmeg (optional, no included on the ingredients).
3. Gently mix with the fingers, and then combine into a dough.
4. Roll into sausage shapes around 1 inch/2 cm thick. Cut into 1 inch/2 cm short pillow-shaped gnocchi and store on greaseproof (or parchment) paper in the fridge until ready to cook.



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Cheese Sauce Directions

1. Heat the butter and melt in the saucepan.
2. Add the flour and cook for 3 minutes until it is a light brown color.
3. Add the milk and keep heating. Boil 2-3 minutes after the mixture reaches the boiling point on low heat.
4. Add the cheeses and keep mixing rapidly. Remove from the heat and keep mixing until cheeses are melted and the sauce is smooth.

Final Directions

1. Put the gnocchi in the pot with salted boiling water; cook until they float.
2. Remove with the spider and put into the sauté pan, where you toast the gnocchi with the sauce.
3. If the sauce is too thick, add some milk or cooking water.

Serve on a plate with fresh black pepper.

Would you like to add a little truffle oil? That will be the perfect final touch!



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