

# THUMBPRINTS

AKA GNOCCHI

Gnocchi! Gnocchi, more than a single recipe, is in fact a preparation. You can make gnocchi with cheese or leftover bread or spinach—the recipe in here is the most common: potato gnocchi. Did you know that something simple in Italy is defined as something gnocco? That's because gnocchi are so easy to make. Just make sure you get the right ratio of liquid and flour. One of the first memories I have in a kitchen is helping my mom making gnocchi. Having small fingers at the time, my job was to imprint my thumb in every nugget so that there would be <sup>w</sup> little space for the sauce to land.

## INGREDIENTS

- |  |                   |
|--|-------------------|
| 1 medium russet potato   | 1 egg yolk        |
| ½ cup flour (possibly more according to the starchiness of the potato) | 2 pinches of salt |

## DIRECTIONS

Boil the potato in a large pot filled with at least 4 cups of water over high heat until it can be easily skewered with a fork, approximately 30 minutes. Drain the potato and let it sit until cool enough to handle but still warm. Peel it and mash with a ricer or masher or fork.

Make a well in the mashed potato in a large bowl or on a working surface. Mix in the flour, egg, and a pinch of the salt and knead with your hands until it is a pliable dough, adding more flour if too wet. Make a long tube the size of a nickel in diameter, and using a butter knife, cut the tube in approximately 1-inch nuggets. Push the nuggets gently down using the back of a fork (see the picture).

In a large heavy-bottom pot, bring 4 to 5 cups of water and a pinch of the salt to a boil over high heat. Have a grown-up help you carefully add the gnocchi to the boiling water. Cook for a few minutes. When the gnocchi come to the surface, they are ready and you can pick them up with a slotted spoon. Add to your favorite sauce or use the Pasta Sauce Matrix on page 44.

### FACT:

The word gnocchi—it's hard to pronounce for American kids because of the gn sound in it. Think of lasagna or my last name Campagna.



Mash the cooked potato with a ricer or fork.



Make a well and pour in the flour, egg yolk, and salt.



Mix together with a fork or your hands.



Add more flour if necessary.



Use your hands to create a long tube with the dough.



Cut the tube into 1-inch nuggets.



Flatten the nuggets slightly with the back of a fork or your thumb.



Ready to add to the boiling water!

