

GNOCCHI (ÑOQUIS)

1 ½ lbs. russet potatoes (about 2 medium potatoes)
½ tsp. salt
¼ tsp. ground pepper
1 cup all-purpose flour, plus more for dusting
1 large egg, beaten



Peel and chop potatoes into chunks. Place the potatoes in a medium saucepan and cover with water. Put the lid on the pan and bring to a boil. Boil potatoes for 15-20 minutes or until tender. Drain the potatoes and place in a bowl to cool. (Or pierce the potatoes all over with a fork. Microwave until tender, turning once, about 8-10 minutes. While hot, cut the potatoes in half and score the flesh to allow the steam to escape. When still warm but cool enough to handle scoop the potato into a bowl to cool. Discard skin.)

While potatoes are still warm, use a ricer (or potato masher) to smash the potatoes. Allow them to cool completely. Add salt, pepper and flour and toss gently to combine. Form a well and add the egg. Using your hand and starting in the center, mix well to combine. Place the dough onto a clean counter dusted with flour. Knead the dough until just blended, about 4 or 5 times.

Divide the dough into 8 equal pieces. Roll each piece between your palms and the work surface into a ½” diameter rope (about 20” long). Cut the dough into 1” pieces. Roll each piece of dough over the tines of a fork to form grooves in the dough. Place on a well-floured surface. Continue with the remaining dough, dusting the gnocchi with more flour as you go.

Bring a large pot of water to a boil. Once it boils, season generously with salt.

Add the gnocchi to the boiling water and stir with a wooden spoon to prevent sticking. Cook until the gnocchi rise to the surface, about 1 minute. Continue cooking until the gnocchi are tender, about 2-3 minutes longer. Using a slotted spoon, transfer the gnocchi to a pan or a bowl to coat in your sauce of choice.

Uruguayan sauces:

- **Tuco**—a tomato-based meat or chicken sauce (Bolognese)
- **Pesto**—basil, nut and parmesan cheese
- **Salsa rosa**—tomato sauce with cream or cheese
Tomato sauce, pinch of salt, sugar, pepper, garlic powder, 2 tbsps. Cream cheese. Dissolve equal parts of corn starch and water (1-2 tsps.) and add to the sauce if you want it thicker. Cook 1-2 minutes. Add the gnocchi, sprinkle with olive oil, parmesan cheese and fresh chopped parsley.
- **Caruso**—cream, mushrooms and ham
2 tbsps. Olive oil, 1 sm. finely chopped onion, ¼ lb. of sliced ham, 4 oz. sliced mushrooms, 2 c. heavy cream, salt and pepper. Brown onion in a skillet in the oil, add the mushrooms and ham and cook for 1 minute. Add cream, season with salt and pepper. Cook on gentle heat for 5-10 minutes.
- **Fileto**—tomato sauce
- **Manteca**—butter and parmesan cheese (sage)

Equipment needed:

- a large pan to boil your gnocchi in (you can use the same pan you cooked your potatoes in)
- a large bowl, wooden spoon measuring spoons and cups, bench scraper (optional)
- a fork, knife and large slotted spoon
- a potato masher, ricer or food mill
- clean counter space to roll out your gnocchi
- a medium saucepan or skillet to make your sauce in
- large plates, tray or baking sheet to put your gnocchi on
- a sieve (optional)

