

G N O C C H I

I N G R E D I E N T S

4-5 Russet Potatoes
4 cups All-Purpose Flour
1 large Egg

M E T H O D

Boil unpeeled potatoes until they are fork tender, about 40-45 minutes, set aside to cool
Meanwhile line a cookie sheet with parchment paper sprinkled lightly with flour or a clean kitchen towel, set aside

Once the potatoes are cool enough to handle, gently remove the skin and push through a potato ricer into a large mixing bowl

Combine riced potatoes with one egg and 3 cups of flour. If the dough feels sticky, incorporate up to 2 cups more flour, $\frac{1}{2}$ cup a time. Be careful to avoid overmixing the dough because it will make the gnocchi tough. Set aside.

Lightly dust a cutting board or work space with flour and begin rolling out the dough. Taking roughly a cup of dough at a time, roll into a snake about half an inch in diameter. Using a knife or bench scraper, cut the rope into 1-inch pieces. Set the cut gnocchi on the prepared cookie sheet and set aside to rest. Optional: Roll the 1-inch pieces over the back of a fork or gnocchi board to create a ridged effect.

This allows more sauce to stick to the gnocchi.

Bring a large pot of water to a gentle boil and season well with salt. Add the gnocchi in batches to the simmering water and cook until they float to the surface, 2 to 3 minutes. Use a slotted spoon to remove the gnocchi from the pot and put directly into sauce for serving.

Yields 5-6 servings or roughly 1 pound of gnocchi

MARINARA SAUCE

INGREDIENTS

- 3 28-oz cans of Crushed Tomatoes in puree
- 1 medium Onion, diced
- 3-4 Garlic Cloves, minced
- 1 bunch fresh Italian Parsley, finely chopped
- 1 bunch fresh Basil, finely chopped
- 1 teaspoon dried Oregano
- 1 teaspoon dried Italian Seasoning
- 1 teaspoon dried Basil
- 1 teaspoon Granulated Garlic
- 1 teaspoon Salt
- 1 teaspoon Black Pepper
- 5-6 Tablespoons Olive Oil, as needed

METHOD

Heat Olive Oil in a medium saucepan over medium high heat

Add onions and cook, stirring occasionally, until lightly browned. Add the garlic and continue to cook until fragrant, another 2 minutes

Add the canned tomatoes with puree, fresh and dried herbs and spices. Bring to a simmer, reduce heat and cook uncovered for at least 40 minutes, stirring as needed to prevent the bottom from burning

Yields 8 cups or 2 quarts

MEATBALLS

BEEF

INGREDIENTS

2 pounds 80/20 Ground Beef
4 Eggs
1 cup Breadcrumbs
4 ounces Grated Parmesan
½ cup Milk
3 Tablespoons fresh Parsley, chopped
2 Tablespoons Garlic, minced
2 Tablespoons Garlic powder
2 teaspoons Salt
2 teaspoons Black Pepper

METHOD

Preheat oven to 350°F. Line a cookie sheet with lightly oiled foil or parchment paper, set aside.

In a large mixing bowl combine ground beef, bread crumbs, parmesan cheese, parsley, garlic, garlic powder, salt and pepper. Mix until just combined.

In a separate small mixing bowl whisk the eggs with the milk. Pour the egg and milk mixture through a metal strainer directly into the meat mixture. Mix with your hands or a metal spoon until just combined.

Scoop the meat mixture into 4-ounce portions using an ice cream scoop or a ¼ cup measuring cup. Press meat mixture firmly into scoop or measuring cup to ensure the meatballs hold their shape while baking. Place on cookie sheet. When all the meat has been portioned, roll each meatball into a ball shape and return to cookie sheet.

Bake for 18-20 minutes or until a thermometer inserted into the meatball reaches 160°F Remove from oven and simmer in Marinara Sauce for up to an hour or until tender before serving.

Yields: 4-5 servings

CAPRESE SALAD

INGREDIENTS

3 Tomatoes, sliced $\frac{1}{4}$ inch thick
1-pound fresh Mozzarella, sliced $\frac{1}{4}$ inch thick
25 Basil Leaves
Extra Virgin Olive Oil as needed
Sea Salt and Black Pepper to taste
2 Tablespoons Balsamic Reduction (see below)

BALSAMIC REDUCTION

1 cup Balsamic Vinegar

METHOD

Prepare Balsamic Reduction:

Pour balsamic vinegar into a medium saucepan. Bring to a boil and reduce heat. Simmer until the sauce coats the back of a spoon, about 20-25 minutes.

Let cool completely, it will continue to thicken slightly as it cools. Balsamic reduction can be stored in an airtight container in the refrigerator for up to 1 month.

Yields $\frac{1}{2}$ - $\frac{1}{4}$ cup

On a large platter, arrange tomatoes and mozzarella in an alternating pattern

Tuck basil leaves between tomato and mozzarella

Drizzle the olive oil and balsamic reduction over the tomato, mozzarella and basil. Season generously with sea salt and black pepper

Yields 4-5 servings as a salad