

heute gibt es...

potato gnocchi



Ingredients(For 4-6 people)

- 1kg floury potatoes
- 500g flour
- 100g Hartweizengrieß
- Salt

Preparation:

1. Boil the potatoes in a pot with water at all. This can best test their with a fork: Can these good stab to the middle of the potato, they are done.
2. Now the still hot potato peel, press through a potato ricer and place in a bowl the flour and semolina.
3. Mix everything with your hands until smooth, season with salt and leave then rest for about 15 minutes. If necessary, i.e. especially if the dough is too sticky, adding more flour.
Important: Knead the dough just until it is compact and smooth. Kneads her him much longer, the gnocchi are too hard during the cooking process.
4. To form the gnocchi, a piece of dough on a floured surface is formed into an approximately thumb-thick roll and about 1.5 - 2 cm thick pieces cut.

now uses a gnocchi board or a fork to get the typical grooves: For this, enter one of the small pieces of dough on the floured fork and by gently pressing with the thumb moving them from you. By rolling the desired depressions form.

Attention: So you will not dry out the remaining dough, cover this while with a cloth!

5. The ready-shaped gnocchi puts her at some distance from each other on a lightly floured tea towel, so they do not stick to you.
6. Wenn ihr soweit seid, die Gnocchi einfach in leicht kochendes Salzwasser geben. Sobald diese an der Wasseroberfläche schwimmen sind sie fertig und können z.B. mit einer Tomatensoße serviert werden.