

## Potato Gnocchi – Serves 4 People

### Ingredients

500g Potato, mashed

400g Plain Flour

2 eggs (55g)

25g Parmesan Cheese Shaved

1 tsp Basil oil (Optional)

1 tsp salt (optional)

### Method

Place flour onto a clean work surface, then add potato and form a well in the middle.

Fill well with other ingredients and start mixing from the outside in using clean hands.

Form dough into ball keeping the outside well dusted in flour.

Clean work surface, dust with flour, and place dough on flour.

Using a rolling-pin, or your hands, flatten out dough to about 20mm thick.

Cut dough into strips and roll into sausage lengths.

Place 4 lengths together and cut on the angle (about 15mm)

Make a depression with your thumb into each gnocchi piece, and place onto a tray.

Plunge gnocchi in small batches into rapidly boiling water for 4 min.

Scoop gnocchi out of water and either refresh in cold water or put straight into sauce.

## Napoli Sauce

### Ingredients

2 cans chopped tomato

½ diced onion

1 clove garlic

25 ml olive oil

Salt and pepper to taste

1 can water (use tomato can to measure)

### Method

Sweat onion and garlic in olive oil for 2-3 min.

Add all other ingredients and bring to boil, stirring occasionally.

Reduce heat and simmer for 20-30 minutes, or until volume is reduced by one third.