

Episode #1a

Ofelle alla Triestina (Gnocchi dough Medallions stuffed with meat and Spinach)

Ingredients:

3 oz. or 100 gr.	recipe of gnocchi with extra flour fresh spinach, washed, cooked squeezed of water and chopped
4 oz. or 120 gr.	pork sausage, casing removed
1 oz. or 30 gr.	butter
3 Tbsp.	onions, chopped
1 Teaspoon	garlic, minced
1 + 1	whole egg
2 oz. or 60 gr.	cheese, grated
2 cups or 500 ml.	tomato sauce or passata
½ cup or 125 ml.	35% cream
6 leaves or 2 Tbsp.	basil, hand shredded

Method

1. In a frying pan over medium heat, add butter. When the butter begins to fry add the onions and sauté until translucent, approximately 2 to 3 minutes. Add sausage and cook until all the water that is released by the meat has evaporated. Add the minced garlic, salt and pepper. Remove from stove and let cool for 5 minutes.
3. Place meat in a food processor and pulse for a few times. Add 1 egg, grated cheese and pulse again 2 to 3 times. Add spinach and repeat. Adjust taste with salt and pepper.
4. Remove from processor and place in a bowl and set aside. To prepare the offelle's roll out the gnocchi dough to a ¼" thickness and with a round cookie cutter 2/5" wide, cut discs.
5. Egg wash half the discs and place half a teaspoon of stuffing on each. Cover with the rest of discs and pinch discs to close Repeat until all the dough and stuffing is used. Bring a pot of salted water to a boil and add 8 to 10 offelle's at a time. As they float to the surface remove with a slotted spoon.
6. **To dress the offelle;** In a non stick frying pan over medium high heat, add the butter and basil, as they begin to fry add the tomato sauce or passata. Then add the 35% cream. As the sauce begins to boil, add the offelle and sauté until the sauce is creamy.

EVOO = Extra Virgin Olive Oil

Chef; Gianni Ceschia
Culinary Studio
91 Friuli Crt.Un #13
Woodbridge, Ont.

Episode #1b

Gnocchi (Potato)

(Serves 5-6)

Ingredients:

2 ½ Lbs. or 1.2 Kg.	potatoes (approx. 5 cups, cooked, riced)
3 cups or 750 ml.	flour, unbleached white
1	egg
1 Tsp. or 5 ml.	salt

Method:

1. Use old potatoes. Boil potatoes with skins on in unsalted water until cooked but not mushy. Avoid cutting or piercing the potatoes, this makes them absorb water and makes doughy gnocchi.
When cooked drain in colander and allow to cool.
2. Peel potatoes and put them through a ricer or the smallest blade of a food mill. Make a dough with the riced potatoes, flour, salt and egg, adding flour gradually as needed. Knead the dough lightly so the dough becomes smooth. **Note:** it should still feel sticky if pinched between your fingers. Test a small piece by rolling it into a small coil, if it holds it's shape well it is ready.
3. To form the gnocchi, flatten the ball of dough slightly. Cut one slice of the dough at a time and roll out in a lightly floured board until it becomes a coil about ½" in diameter. Cut the coil diagonally into lengths of about one inch. Flour lightly and set aside making sure not to crowd the gnocchi or pile them. Repeat until all dough is finished.
4. To make gnocchi with traditional grooves, cut gnocchi straight rather than diagonally. Using smooth side of **cheese grater:** *make an indentation with your finger on one side and ridges on other.* Using a **fork:** *press the gnocchi against the tines of fork.*
- 5 Gnocchi should not sit out long. If not cooking immediately, set gnocchi on floured trays. Make sure they are not crowded or piled, and freeze until they are solid. You can then store in sealed plastic bags.
5. To cook frozen gnocchi, do not thaw them, place them directly into boiling salted water. Let cook until they begin to float to the surface, then continue to cook for an additional 2 to 3 minutes. Drain with a slotted spoon and serve with your choice of sauce.