



Virtual Vegetarian: Potato Gnocchi

VIRTUAL COOKING CLASS

Menu:

- Potato Gnocchi with Lemon-Herb Butter and Toasted Breadcrumbs
- Mixed Green Salad with Balsamic Vinaigrette

Skills Covered in Class Include:

- Making and shaping gnocchi dough
- Determining gnocchi doneness
- Making compound butter
- Working with fresh herbs
- Preparing vinaigrette
- Balancing flavors

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Potato Gnocchi with Lemon-Herb Butter and Toasted Breadcrumbs



Yield: 4 servings



Active time: 45 minutes

Start to finish: 1 hour, 45 minutes

1 pound russet potatoes
1/2 cup plus 2 tablespoons all-purpose flour
1 egg
1 tablespoon parmesan cheese, grated
1 teaspoon extra virgin olive oil
Salt and pepper to taste

1 cup panko breadcrumbs
1 tablespoon extra virgin olive oil

For the butter:

1 stick butter, room temperature
1 to 3 teaspoons fresh delicate herbs such as parsley, basil, tarragon, dill or chives, rough chopped (see note, below)
1 teaspoon lemon zest
Salt and pepper to taste
Pinch of cayenne pepper

1. Preheat oven to 375°.
2. Pierce the potato in several places with fork. Bake on a parchment-lined sheet tray until tender, about 1 hour. Let stand until just cool enough to handle, about 15 minutes.
3. Peel the potato and press through a ricer or a food mill into a large bowl. Add the flour, egg, parmesan, olive oil, salt and pepper and stir just until blended. **Tip:** *If you don't have a ricer or food mill, you can press your potatoes through a fine sieve using a rubber spatula to help get the job done. You can also use a potato masher for a slightly coarser texture.*
4. Turn the dough out onto lightly floured surface. Divide into 8 pieces and roll each piece into a rope about 1/2 inch thick. Cut the ropes into 1-inch pieces. Place the gnocchi on a lightly floured sheet tray. Set aside.
5. Reduce the oven to 350°.
6. In a small bowl, toss together the breadcrumbs and olive oil. Spread out on a parchment-lined sheet tray, and bake until the breadcrumbs are golden brown. Set aside.
7. To prepare the compound butter, mix together the butter, fresh herbs and lemon zest, and season with salt, black pepper and cayenne pepper. Allow to sit out at room temperature. *(This butter can be rolled in plastic and kept refrigerated for 1 week or in the freezer up to 3 months.)*
8. Bring a large pot of water to a boil, and add a generous pinch of salt.

9. Add the gnocchi to the boiling water, and cook for 2 to 3 minutes. Check for doneness by removing one piece and cutting it in half. The texture should be uniform and cooked through the center. Drain well and transfer to a serving bowl.
10. Toss the hot gnocchi with just enough of the herb butter to coat. Top with the toasted breadcrumbs, and serve. ■

Notes:

- Tarragon and dill have a more pronounced flavor, and you may want to use closer to 1 to 2 teaspoons of these herbs as to not overpower. Parsley, chives and basil can be used in larger quantities without overpowering.
- If you're not using all the gnocchi the same day, freeze them in a single layer and then store in a resealable bag in the freezer for up to two months.

Equipment list:

- ☐ Sheet tray
- ☐ Parchment paper
- ☐ Food mill, ricer, fine sieve or potato masher
- ☐ Saucepot for boiling the gnocchi
- ☐ Mixing bowls
- ☐ Gnocchi board (optional)
- ☐ Measuring cups and spoons
- ☐ Colander
- ☐ Fine cheese grater
- ☐ Zester

Mixed Green Salad Balsamic Vinaigrette



Yield: 4 servings



Active time: 20 minutes

Start to finish: 20 minutes

For the vinaigrette:

1 teaspoon Dijon or whole grain mustard

2 tablespoons balsamic vinegar

1/4 to 1/3 cup extra virgin olive oil

Salt and pepper to taste

3 cups mixed greens of your choice

1/2 seedless cucumber, halved and cut into semicircles

1/2 bulb fennel, layers peeled apart and thinly sliced

1/2 carrot, peeled and grated

- 1.** To make the vinaigrette, whisk together the mustard and vinegar in a medium-size bowl.
- 2.** Slowly drizzle in the olive oil while whisking rapidly. Season with salt and pepper to taste.
- 3.** In a large salad bowl, measure together the mixed greens, cucumber, fennel and carrots.
- 4.** Dress with just enough of the balsamic vinaigrette to coat, and serve. ▀

Equipment list:

- ☐ Mixing bowl
- ☐ Measuring cups and spoons
- ☐ Whisk
- ☐ Peeler
- ☐ Grater

Cook Along Class Flow: Virtual Vegetarian: Potato Gnocchi

Please Prep the Following Items Before Class Starts

- Have all ingredients measured for the class, and organized by recipe; no need to chop any vegetables as we will do this in class
- Have cookware and tools at the ready
- Have a large pot of water at a low simmer for cooking the gnocchi- be sure to salt the water
- Bake the potatoes at 375° until cooked through and soft- set aside to cool a bit
- Have butter at room temperature for the gnocchi sauce

Note: *Feel free to prep more items in advance for a more leisurely experience, if preferred*

Equipment Needed

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Bench scraper
- Spatula
- Wooden spoon
- Mixing bowls
- Sheet tray
- Parchment paper
- Food mill, ricer, fine sieve or potato masher
- Saucepot for boiling the gnocchi
- Gnocchi board (optional)
- Colander
- Fine cheese grater
- Zester
- Whisk
- Peeler
- Grater

Ingredients Needed

- See recipes for quantities needed
- Any greens of choice or salad ingredients can be used based on availability and preference

Class Flow

- Moderator welcome
- Chef greeting and overview of class
- Confirm students have everything needed for the class
- Prepare the gnocchi dough, roll and shape; set aside
- *QUESTION BREAK*
- Bake the breadcrumbs until lightly toasted
- While the breadcrumbs are toasting, prepare the herb butter
- *QUESTION BREAK*
- Make the vinaigrette
- Bring your pot of water for cooking the gnocchi to a boil
- Prepare the salad ingredients- we'll toss the salad with the vinaigrette at the very end of class
- *QUESTION BREAK*
- Boil the gnocchi
- Talk about how to tell when gnocchi are done
- Drain the gnocchi and toss with the herb butter
- Top with the breadcrumbs
- Toss the salad with the vinaigrette
- *FINAL QUESTIONS*
- Serve the dishes together