

GNOCCHI WITHOUT POTATO (water and flour)



INGREDIENTS (serves 3)

400 g pastry flour
400 ml of water
450 ml if you use all purpose flour
A pinch of salt
A spoon of extra virgin olive oil

Gnocchi without potato are more consistent and easier to make

METHOD

STEP 1: To prepare the dough

POUR the water and the olive oil in a pan

BRING to the boil

TURN OFF the heat

ADD a pinch of salt and the flour

STEAR VIGOROUSLY with a wooden spoon until it's not too thick to stear

TRANSFER the dough on a lightly floured board

LET IT COOL a few minutes

WORK it with both hands until it becomes smooth

LET IT REST for 20-30 mins covered with a cloth

Step 2: To shape the gnocchi

CUT small pieces of the dough

ROLL them into long cylinders with your hands

CUT them into little chunks

DRAG them on the fork surface with your fingers (press gently)

Step 3: To cook them

BRING water to the boil

ADD some salt

POUR the gnocchi into the pan

DRAIN them when they rise to the surface

Step 4:

SERVE with tomato sauce and parmesan cheese

Grade of difficulty: very easy

Preparation time: 20 mins

chilling time: 20-30 mins

cooking time: 3 mins

Region: Campania