

## **GNOCCHI ITALIENNE (PIEMONTAISE)**

Italian cuisine is roughly divided between the industrial north with its fertile plains, mountains and lakes which produces quality wine and dairy foods, and the more rugged hotter south which grows olives, tomatoes and herbs.

However, despite any regional differences in cuisine, to me they all have the same elements in common. Simple, fresh ingredients with traditional recipes, and even in restaurants the style of cooking is home-style. From pasta to risotto, Gnocchi, pizza and polenta, from salami to a good steak washed down with a fine Chianti!

I traveled along the length of the country, taking in the magnificent history of Rome and Venice, the splendor of the Vatican City and the ancient history of Rome.

It soon became very apparent everywhere I went that the Italians sure love their food! This is as still relevant in the 21<sup>st</sup> Century as it always has been. Thankfully, Italy is one area of the world particularly in the country where the fast food culture of McDonalds is not very successful!

In Italy, when it comes to food, little changes! Thank God!

When cooking Italian food, one must try to cook the classic Italian dumpling known as Gnocchi. Try this one with a fresh home made Tomato sauce

### **INGREDIENTS**

600g Mashed potatoes

200g flour

50g butter

2 eggs

1 egg yolk

Salt

Pepper

Nutmeg

Service

Fresh Tomato sauce, Parmesan cheese and basil leaves to garnish

1. Make sure mashed potatoes are well mashed
2. Add the rest of the ingredients whilst still hot
3. Mould into small balls (size of a walnut)
4. Place on a floured tray and flatten a little with a fork or 'Gnocchi Bat'
5. Poach gently for 5 minutes
6. Serve with lashings of fresh tomato sauce and parmesan cheese

### **Classical Italian TOMATO SAUCE**

1 diced Onion

2 finely chopped Garlic cloves

1 x 400g tin Italian chopped Tomatoes

2 tabs Olive oil

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2 tabs Tomato puree  
1 tsp Sugar  
1 tsp dried or fresh Oregano  
1 tab fresh chopped Basil  
2 Bay leaves  
Salt & Pepper to taste

Method

1. Gently fry the garlic and onion.
2. Add the rest of the ingredients and simmer for 20 minutes.
3. Check the seasoning and dispose of the bay leaves.
4. This sauce can be used as is or pureed. It can be stored in jars in the fridge or frozen.