

better homes and gardens gnocchi recipe

Better Homes and Gardens gnocchi recipe is a delightful choice for anyone looking to elevate their culinary skills and enjoy a comforting, home-cooked meal. Gnocchi, those soft, pillowy dumplings often made from potatoes, can be a delicious addition to any meal plan. With the right recipe, they become not just a side dish but a star attraction on your dinner table.

In this article, we will explore the origins of gnocchi, provide a detailed recipe from Better Homes and Gardens, and share tips for perfecting this Italian classic. We will also suggest some delectable sauces and sides that pair beautifully with gnocchi.

Understanding Gnocchi: A Brief History

Gnocchi has a rich history that dates back to ancient Italy. The word "gnocchi" is derived from the Italian word "nocca," which means knuckle, likely referring to the shape of the dumplings. Originally, gnocchi were made from flour and water, but over time, potatoes became a common ingredient due to their availability and texture.

Traditionally, gnocchi is a staple in various Italian regions, each boasting its unique spin on the dish. From potato gnocchi to ricotta gnocchi and even gnocchi made with semolina, the variations are endless.

Better Homes and Gardens Gnocchi Recipe

Now that you have a brief understanding of what gnocchi is, let's dive into the **Better Homes and Gardens gnocchi recipe**. This recipe focuses on classic potato gnocchi, which is simple yet incredibly satisfying.

Ingredients

To make about 4 servings of gnocchi, you will need the following ingredients:

- 2 large russet potatoes (about 1 ½ pounds)
- 1 ½ to 2 cups all-purpose flour
- 1 large egg
- ½ teaspoon salt
- A pinch of nutmeg (optional)

Instructions

Follow these steps to create your own delicious gnocchi:

1. **Prepare the Potatoes:** Begin by washing the russet potatoes thoroughly. You can choose to peel them or leave the skins on for added texture. Boil the potatoes in salted water for about 30-40 minutes, or until they are tender when pierced with a fork.
2. **Drain and Cool:** Once cooked, drain the potatoes and let them cool slightly. If you kept the skins on, remove them now.
3. **Mash the Potatoes:** Using a potato ricer or a masher, mash the potatoes until they are smooth and free of lumps. Spread the mashed potatoes onto a clean surface or large bowl to cool completely.
4. **Make the Dough:** Once the potatoes have cooled, make a well in the center and add 1 ½ cups of flour, the egg, salt, and nutmeg, if using. Gently mix the ingredients until they start to come together. Add more flour as needed until you form a soft dough that is not sticky.
5. **Knead the Dough:** Lightly flour your work surface and knead the dough gently for about 2-3 minutes until smooth. Be careful not to over-knead, as this can make the gnocchi tough.
6. **Shape the Gnocchi:** Divide the dough into quarters. Roll each piece into a long rope, about ½ inch thick. Cut the ropes into 1-inch pieces. To create the classic gnocchi shape, use a fork to gently press each piece, creating ridges.
7. **Cook the Gnocchi:** Bring a large pot of salted water to a boil. Add the gnocchi in batches, being careful not to overcrowd the pot. Cook until they float to the surface, which should take about 2-3 minutes. Once they float, let them cook for an additional minute before removing them with a slotted spoon.
8. **Serve:** Toss the cooked gnocchi in a bit of olive oil or butter to prevent sticking. Serve immediately with your favorite sauce or toppings.

Perfecting Your Gnocchi

While the Better Homes and Gardens gnocchi recipe is straightforward, there are several tips you can follow to ensure your gnocchi turns out perfectly every time:

Tips for Success

- **Choose the Right Potatoes:** Russet potatoes are ideal due to their high starch content, which yields light and fluffy gnocchi.
- **Don't Overwork the Dough:** Mix just until combined to keep the gnocchi tender.
- **Test a Small Batch:** Before cooking all the gnocchi, boil a few to check for texture and taste. Adjust the flour or seasoning as needed.
- **Freezing Gnocchi:** You can freeze uncooked gnocchi. Place them in a single layer on a baking sheet until frozen, then transfer them to a freezer bag. They can be cooked directly from frozen; just add a minute or two to the cooking time.

Delicious Sauce Pairings

Gnocchi can be served with a variety of sauces, making them versatile for any meal. Here are some popular options:

Classic Tomato Sauce

A simple tomato sauce made with crushed tomatoes, garlic, basil, and olive oil is a classic pairing for gnocchi. Simmer the ingredients together for about 20 minutes, then toss the cooked gnocchi in the sauce before serving.

Brown Butter Sage Sauce

For a nutty, aromatic twist, melt butter in a skillet until it turns golden brown. Add fresh sage leaves and cook for another minute. Toss the gnocchi in this sauce for a rich flavor profile.

Pesto Sauce

A vibrant basil pesto can elevate your gnocchi. Simply blend fresh basil, pine nuts, garlic, Parmesan cheese, and olive oil until smooth. Toss the cooked gnocchi in pesto and serve immediately.

Serving Suggestions

To round out your meal, consider serving your gnocchi with:

- A simple green salad with vinaigrette
- Garlic bread or bruschetta
- Roasted or steamed vegetables, such as asparagus or green beans

Conclusion

The **Better Homes and Gardens gnocchi recipe** is a wonderful introduction to this beloved Italian dish. With its simple ingredients and straightforward instructions, you can create a comforting meal that will impress family and friends alike. Don't hesitate to experiment with different sauces and pairings to find your perfect combination. With practice, you'll master the art of making gnocchi, bringing a taste of Italy right into your home. Enjoy the process and savor every bite!

Frequently Asked Questions

What ingredients are needed for the Better Homes and Gardens gnocchi recipe?

The recipe typically requires potatoes, flour, eggs, salt, and sometimes cheese or herbs for added flavor.

How do you prepare the potatoes for the gnocchi?

You should boil the potatoes until tender, then peel and mash them thoroughly before mixing with the other ingredients.

Can I use sweet potatoes instead of regular potatoes in the gnocchi recipe?

Yes, you can use sweet potatoes for a different flavor profile, but you may need to adjust the flour quantity due to their moisture content.

What is the best way to cook gnocchi after making it?

Gnocchi can be boiled until they float to the surface and then sautéed in butter or olive oil for added texture and flavor.

Is there a gluten-free option for the Better Homes and Gardens gnocchi recipe?

Yes, you can substitute regular flour with gluten-free flour blends to make the gnocchi gluten-free.

How long does it take to make gnocchi from scratch?

Making gnocchi from scratch typically takes about 1 to 1.5 hours, including preparation and cooking time.

What sauces pair well with gnocchi?

Gnocchi pairs well with a variety of sauces, including marinara, pesto, brown butter sage, or creamy Alfredo sauce.

Can gnocchi be frozen for later use?

Yes, you can freeze uncooked gnocchi on a baking sheet and then transfer them to a freezer bag for later use; just cook them from frozen.

What are some common mistakes to avoid when making gnocchi?

Common mistakes include overworking the dough, using too much flour, and not cooking the potatoes properly.

Can I add vegetables to the gnocchi dough?

Yes, you can incorporate finely grated vegetables like spinach or beetroot into the dough for added nutrients and color.

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