

Nettle Gnocchi

Submitted by Elisabeth Chandler

After making gnocchi a handful of times, I can say that recipes for potato dumplings are more like guidelines. The important thing is to get a feel for the dough. Use the amounts below as estimates. The best thing to do is start with less than the full cup of flour and then keep adding. You may end up using well over a cup.

Ingredients

- 2 large Yukon Gold potatoes, boiled and peeled
- 1 egg, lightly beaten
- 1 cup nettles, boiled and chopped
- 1 cup or more flour
- Salt to taste

Preparation & Serving

- Boil nettles for a minute or two to neutralize the sting. Remove to cold water. Next, wring out excess water. Chop nettles, measure out a cup and then whir in a food processor.
- Cut potatoes in half and boil in salted nettle water until tender, 30 minutes or more. Remove from water one at a time and peel. Break down potatoes with a fork and allow to cool. Make sure to attack lumps but do not over-mash.
- Mix nettles into potatoes by hand, a little at a time.
- Sprinkle a handful of flour over your workspace. Pull potato-nettle mixture into a mound on floured surface and make a volcano-like crater. Pour beaten egg into crater and sprinkle $\frac{3}{4}$ of the flour over top. Start working the dough with metal spatulas or your hands, adding more flour and folding the dough into itself as you go. I find this step gets messy unless I make sure to use plenty of flour.

- Split the dough into 5-6 balls. The dough is ready when you can easily roll out each ball into a long snake. Again, a work surface dusted generously with flour makes this easier. Now cut into pillows.
- Add gnocchi to salted boiling water. You can reuse your nettle-potato water. When they float to the surface, they're done. Remove with a slotted spoon.
- Serve with a simple red sauce or cream sauce.



A 30th Anniversary Recipe