

Gluten free Gnocchi made with Bio-Oz Buckwheat (Gluten and Dairy Free)

Ingredients

600g desiree potatoes
(peeled, diced) if not
available use Ruby Lou or
Coliban potatoes

1 x cup of buckwheat flour,
extra for to dusting

Pinch of salt & white
pepper powder for
seasoning

Cooking Instructions

Place potatoes in a saucepan of cold water and salt. Cover. Bring to boil over high heat. Reduce to low. Cook for 30 minutes or until soft when pierced with a skewer.

Let the potatoes cool for about 30 minutes or enough that you could mash with your fingers. Mash potato until just smooth, then press one-quarter of potato through a sieve into a bowl. Repeat in 3 more batches. Add salt and season with pepper.

Clean an area of your bench top, dry it thoroughly. Dust the bench top with buckwheat flour and add the place the potatoes to buckwheat flour. Mix to form a firm, slightly sticky dough. If it's too sticky, add a little more flour, but only a tablespoon at a time. Too much flour makes the dough heavy.

Cut dough into 4 even portions. Roll each portion on a lightly floured surface to a 2cm-thick log.

Use a lightly floured knife to cut logs into 2cm pieces. Place on the lined tray, making sure the gnocchi don't touch each other.

Bring a large shallow saucepan of water to the boil. Add one-quarter of the gnocchi. When they rise to the surface - after about 2-3 minutes - they're ready.

Use a slotted spoon to transfer to a baking tray, making sure there's a little cooking water still on the tray. This stops them sticking together.

Serve with your favourite topping. I love mine with bolognaise sauce.

**Extra gnocchi could be stored in a container with a bit of olive oil over it. No need to cover the gnocchi with oil, just enough so they won't stick together and use within a week.

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