



PASTA EVANGELISTS

made in London

RUSTIC POTATO GNOCCHI DUMPLINGS WITH AN AROMATIC DUCK RAGU & PARMESAN



Photograph: @milojbrown

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Pasta Evangelists



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Match with red stickered pasta,
sauce and garnish

ABOUT THIS DISH

In Italy, the origin of this *ragù* is, as always, disputed. Some believe that duck was first used in the sixteenth century by Catherine de' Medici who, thanks to her mixed Italian and French heritage, was said to be open to culinary adventurism. Tuscany's River *Arno* was home to plenty of birds, and so her idea, it is rumoured, was to make a *ragù* out of them.

Duck *ragù* today, however, is known as a quintessential dish of the Venetian islands (see photo below of Venice) and one of the few meat dishes of a region famed for its seafood. Duck legs are the most flavoursome part of the bird and have a deeper, richer flavour than breast meat. Like any good *ragù*, this version is a labour of love: after gently searing the meat to lock in the flavour, we slow-cook for hours with aromatics including rosemary to enhance the gaminess of the duck. We serve the *ragù* over beautifully rustic *gnocchi*, traditionally made by hand using a *gnocchi* board.

METHOD

1. Put the duck *ragù* in a large pan, add 1tbsp (15ml) of cooking water and cover with a lid and heat until steaming. Once steaming, turn heat off.
2. Add the *gnocchi* to a pan of boiling salted water for 2 minutes. When they rise to the top, they're ready! Do look out at they can break easily if they are left in the boiling water for too long.
3. Transfer the *gnocchi* to the sauce, plate & garnish with the grated parmesan. *Buon appetito!*

INGREDIENTS

(Allergens in **bold and underlined>**):

Item	Weight	Calories (per portion)	Ingredients
Gnocchi	200g	228kCal	Gnocchi: Potato Puree, Water. Potato Puree contains: Potato Flakes (Sulphites) (42%), Maize Starch, Flour 00 (Wheat), Salt, Potato Starch, Milk Powder, Egg Powder, Preservative: E223 (Sodium Metabisulphite), Antioxidant: E304, Acidity regulator: E330, Emulsifier: E471, Stabilizer: E450.
Duck Ragù	160g	170kCal	Duck legs (39%), Passata, Cherry Tomatoes, Onion, White Wine (Sulphites), Taggische Olives, Carrots, Celery , Garlic, Green Peppercorns.
Parmigiano Reggiano	8g	28kCal	Parmigiano Reggiano Cheese (Milk)

Consume within 2 days of delivery.

FREEZING: The pasta can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The *gnocchi* should be cooked directly from frozen. The sauce should be defrosted in the fridge overnight before cooking. This food has been prepared in a kitchen that also prepares molluscs, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.

