

Blue Talon Bistro's
FRENCH STYLE GNOCCHI©
from Chef David Everett

Ingredients

6 oz. Butter
12 oz. Water
2 c. All Purpose Flour
5 Eggs
1/2 c. Grated Parmesan
2 Tsp Finely Chopped Fresh Herbs
1 Nutmet - pinch
Sea Salt

This recipe makes gnocchi using classic pâte à choux, or pastry dough. The resulting pasta is pillowy soft and very tender. This recipe prepares approximately 4 entrée servings or 8 - 10 appetizer servings.

Bring 1½ cups of water to a boil and add the butter. As soon as the butter has melted, add the two (2) cups of All Purpose flour at one time. Stir constantly with a wooden spoon until the dough thickens and pulls away from the edge. You will see the dough stick to the pan in a very thin film that is left behind as you stir. Once the flour is completely mixed in, transfer the dough to a mixing bowl and let cool for five (5) minutes.

After five minutes, turn the mixer on low and begin slowly adding the eggs, allowing the mixture to become well mixed as you go along. If the batter is too stiff to work, add an extra egg to loosen it. Add the parmesan cheese, fresh herbs and pinch of nutmeg and continue mixing until these items are well incorporated. Transfer the dough to a pastry bag with a hollow tip.

Bring a large pot of water to a boil. Add a generous amount of sea salt to the boiling water and reduce heat to a simmer. Squeeze the dough gently out of the pastry bag over the water - cutting off the dough at one inch lengths as it comes out. When the gnocchi float to the surface, they are done. Remove them from the water with a skimmer and let them drain. Toss lightly with oil to keep them from sticking together.

The gnocchi are now ready to be added to a dish, stored in the refrigerator or frozen for up to six months. You may notice that they are not cooked completely through, which allows them to be cooked the last minute or two in whatever dish you will be presenting them without becoming too tough.

Note: try flavoring your gnocchi by adding potato or squash to the dough. Bon Appétit!