Potato Gnocchi

Ingredients:
- 1kg Sebago Potatoes
- 350g Plain Flour
- Salt and Pepper
- Parsley, picked leaves

Equipment:
- Chopping board & non slip mat
- Knives
- Steamer Pot with lid
- Mouli or Potato Ricer
- Scales
- Large pot with lid
- Scraper

Garden Harvest:
- Parsley

Method:
1. Collect all ingredients and equipment. This has been done for you prior to class commencing. Just check you have everything before cooking.
2. Weigh the flour and place onto a clean bench
3. Using the potatoes which have been cooked for your class;
4. Peel then pass through the ricer or mouli directly onto the flour
5. Season with salt and pepper
6. Using your palm commence kneading the potato and flour together until a dough forms
7. Do not over work or you will end up with tough rubbery Gnocchi
8. Divide the dough into enough pieces so you each have a piece to roll and cut.
9. Roll into a sausage 2 cm thick
10. Cut into 2cm slices then using lightly floured hands and a fork roll the gnocchi down the fork to form the ridges of the classical gnocchi.
11. Have your large pot of water on the boil
12. Add some salt then carefully place the gnocchi into the water
13. As it cooks it will rise to the surface.
14. Using the spider remove from the water to a tray
15. Continue until all gnocchi has been cooked
16. Toss through the sauce
17. Serve in bowls garnish with picked parsley with spoons on the side