



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

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Recipe 57

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## Gnocchi with Italian Sausage and Wilted Spinach

### PREPARATION

Prepare Gnocchi:

- 1 - Boil the potatoes until they are soft (about 45 minutes). While still warm, peel and pass through vegetable mill onto clean pasta board.
- 2 - Boil 6 quarts of water in a large pot. Set up ice bath with 6 cups ice and 6 cups water near boiling water.
- 3 - Make well in center of potatoes and sprinkle all over with flour, using all the flour. Place egg and salt in center of well and using a fork, stir into flour and potatoes (just like making normal pasta). Once egg is mixed in, bring dough together, kneading gently until a ball is formed. Knead gently another 4 minutes until ball is dry to touch.
- 4 - Roll dough into 3/4-inch diameter dowels and cut dowels into 1-inch long pieces. Flick pieces off of fork until dowel is finished. Drop these pieces into boiling water and cook until they float (about 1 minute). Meanwhile, continue with remaining dough, forming dowels, cutting into 1-inch pieces and flicking off of fork. As gnocchi float to top of boiling water, remove them to ice bath. Continue until all have been cooled off. Let sit several minutes in bath and drain from ice and water. Toss with 1/2 cup olive oil and store covered in refrigerator up to 48 hours until ready to serve.

Make Recipe:

- 1 - Add gnocchi to 6 quarts boiling water. Do not salt water. Boil gnocchi for about 2 minutes, or until all of gnocchi is floating on top of water. Drain, reserving 1/4 cup of the cooking liquid.
- 2 - Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and cook until softened, about 5 minutes.
- 3 - Cut sausage into bite-sized pieces and cook, until browned, about 5-7 minutes.
- 4 - Add the garlic, spinach, salt and pepper and cook, tossing frequently, until the spinach wilts, about 3 minutes.
- 5 - Add the gnocchi, the reserved cooking liquid, and the Parmesan and toss. Divide among individual bowls and sprinkle with additional Parmesan.



(photo by Marc-Henri)

### INGREDIENTS

For Gnocchi:

- 3 pounds russet potatoes
- 2 cups all-purpose flour
- 1 egg, extra large
- 1 pinch salt
- 1/2 cup GC Farms' extra virgin oil

For Recipe:

- 1 tablespoon GC Farms' extra virgin olive oil
- 1 medium yellow onion, finely chopped
- 1 pound Italian sausage, casings removed
- 1 clove garlic, finely chopped
- 1 5-ounce bag baby spinach
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 3/4 cup grated Parmesan cheese

### COOK'S NOTE:

It's not that difficult to create a soft, fluffy gnocchi (Italian potato dumplings), though there are a couple of secrets for re-creating an authentic Italian melt-in-your-mouth texture. First, always use the right kind of potatoes (russet), and secondly, add only enough flour as is necessary.

Bon Appetit!  
-George