

The Best Gluten Free Gnocchi

Ingredients

800g potato

1 cup besan flour

1 cup tapioca flour plus a bit to dust the gnocchi in

½ tsp salt plus ½ tsp salt to cook the potatoes in plus 1 tsp salt for the boiling water

Method

1. Wash the potatoes well then cut into 4 pieces leaving the skin on. Place in a saucepan and cover with filtered water and add ½ tsp salt.
2. Once the potatoes are cooked either cool down, remove skin and then mash or place the potatoes while hot in a potato ricer and mash that way.
3. Mix the mashed potato with ½ tsp salt, the besan flour and the tapioca flour.
4. Bring the mixture together to form a dough. If it looks too dry add a tsp of water.
5. Break the dough into 4 pieces and roll into 2cm logs. Then cut the logs into 2 cm pieces. Either flatten with a form or drag the fork around the gnocchi pieces to make lines. If you do this the gnocchi will be more rounded.
6. Bring a saucepan of water to the boil with 1 tsp of salt.
7. Place 6 to 8 gnocchi in the boiling water at a time and cook until they float to the top. Usually takes less than 5 minutes.
8. With a slotted spoon remove the gnocchi from the water and add in the next lot of gnocchi.



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