

## Kitchen Garden at Collingwood College Term 4-week 3 & 4

### **Name of Recipe: Homemade Potato Gnocchi Pan-fried with garlic, Garden Herbs, Broad bean leaves, Lemon Zest**

**Volunteer Notes:** As you know it will take about 20 mins to cook the potatoes, you will need to supervise the ricing of the hot potatoes.

This gnocchi is egg free. Omit the butter in sauce for vegans. Check with Des each lesson for legume allergies. If so-don't use the broad bean leaves.

From our garden- all herbs, lemons, broad bean leaves.

What to collect	What to do
1 kg Desiree potatoes-peeled & cut into half for even size 1 x large pot with simmering water 1 x steamer pot ready 1 x potato ricer  Salt flakes / ground pepper 325 gm – 375 gm plain flour (Sieved) 2 gratin+ dish well oiled	<ul style="list-style-type: none"><li>• In 1 pot bring the lightly salted water to the boil. This is for cooking the gnocchi.</li><li>• In the other pot steam the potatoes until tender, keep hot until you rice them.</li><li>• Using tongs, pick up the hot potato and pass thru potato ricer into a large bowl.</li><li>• Quickly, sprinkle with salt /pepper and add the flour all at once. Gently mix hot mix with a wooden spoon to work in.</li><li>• Then Tip onto the bench to gently finish the kneading.</li><li>• BE QUICK AS POSSIBLE.</li></ul>
Colander with bowl underneath Sieve spoon	<ul style="list-style-type: none"><li>• Roll the mix into ropes of even thickness then cut.</li><li>• Set aside onto floured trays/or use baking paper.</li><li>• When water is on a fast boil reduce to <u>gentle simmer</u>, then gently place some gnocchi onto a small sieve spoon and place into the simmering water.</li><li>• Continue to place 1/3 of gnocchi into the water. Let it rise to the surface, lift out with sieve spoon. Place into a colander, splash some XV olive oil over to stop them sticking.</li><li>• Repeat the process until all gnocchi is done.</li></ul>

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### Sauce:

Large Sauté pan, spoon  
Salad spinner, small bowls  
Measuring spoons

50g butter  
75 ml XV olive oil  
2 x clove garlic finely chopped

### Herbs>>heaps!!

Thyme-pick off stalks-wash/dry  
Oregano-pick off stalks-wash/dry  
Parsley-pick off stalks, washed,  
dry-& chopped  
Fennel Tops- washed, dried &  
chopped  
20 x sage leaves-pick, wash and  
keep whole  
30 x broad bean leaves-  
washed/dry-keep whole  
2 x lemons-washed & zested  
Microplaner  
Salt flakes /ground pepper

Serving bowls, small spoons

- While 1 group is cooking the gnocchi the other will be making the sauce.
- Prepare all the herbs-set them aside
- In a sauté pan melt the butter, olive oil, once frothy add herbs, broad-bean leaves & garlic, sauté until soft.
- Add parsley, lemon zest & any other soft herbs.
- It should be a lovely golden brown colour, tip quickly tip in the gnocchi and gently panfry. Season the sauce
- Divide & SERVE