

FLOUR GNOCCHI & SWEET PEAS SAUCE

SERVES 2-3 | Prep Time: 45 min | Cook Time: 5-8 mins for gnocchi | 15 mins for sauce

INGREDIENTS

For the gnocchi dough:

- 250g / 8.8oz / ~1½ cup + 1Tbsp flour ([I use "00"](#))*
- 250g / 8oz / 1 cup water
- 25g / 1oz / 2 Tbsp butter
- 45g / 1.6oz / 1/2 cup* parmesan cheese, grated
- A pinch of salt and black pepper
- Couple of handfuls of coarse sea salt (for boiling water used to cook the gnocchi)

*Measure ingredients by weight.

For the sauce:

- 3-4 slices pancetta (or bacon), diced
- 200g / 2-3 cup sweet peas, cooked or frozen and thawed
- 45g / 1.6oz / 1/2 cup* parmesan cheese, grated
- 1 fresh leek (or spring onion), finely chopped
- 75ml / 5 Tbsp extra virgin olive oil
- Salt and pepper to taste

INSTRUCTIONS

This unique pasta has many variations all across Italy where different regional traditions make use of a variety of ingredients: semolina, ricotta and spinach, breadcrumbs, pumpkin and many more. This gnocchi recipe, made without potatoes, is prepared just with flour and water. It's the easiest homemade gnocchi recipe, ready in 30 minutes, light and delicious.

Prepare the Dough

1. In a large pot, bring water to boil over high heat with butter, a pinch of salt and pepper, and parmesan cheese.
2. When water is boiling, add the flour, turn the heat off and stir vigorously until all the ingredients combine together and a smooth dough forms.
3. Place the dough on a lightly floured surface and knead with your hands (it will be hot, be careful!) until the dough gets soft and smooth. Knead the dough just a few minutes, to combine ingredients together and be able to roll it out.

Don't overwork the dough. Over-kneading the dough will create too much gluten, and will leave your gnocchi hard and rubbery.

Shape the Gnocchi

4. Take a piece from the dough and shape it into a rope about 3/4 inch thick and 4" long. Cut the Gnocchi along the rope from end to end into small pieces, the size of a small walnut, the shape of a tiny pillow.

It is important to attempt to keep them all the same size so that cooking time is uniform. Set the already made gnocchi on a floured baking sheet. To prevent them from

sticking, dust with more flour if needed. Repeat the process with the rest of the dough.

5. To curl the gnocchi, you can use the back of a fork or a gnocchi board if you have one.

Hold the fork (or the gnocchi board) in one hand and roll the gnocchi off of the tines of the fork (or gnocchi board), gently pressing down with your thumb as you go.

This creates a cavity on one side and a pattern on the other, both of which will help the sauce to stick.

You can skip step 6 and 7 (curling gnocchi) and just cook your gnocchi as little dumplings.

Start the Cooking Water

6. In a large pot (normally used for cooking pasta), fill to about $\frac{3}{4}$ and start heating the water on medium to medium/high.

Prepare the Sauce

7. Cover the bottom of a sauté pan, large enough to hold all the gnocchi (30 cm diameter), with extra virgin olive oil.

8. Sauté pancetta (or bacon if using) and then the leeks over low heat. Sauté together for about 5-8 minutes and cook until the leeks are turning translucent and soft, stirring once in a while. Add peas and cook until peas are soft, for about 5 minutes. Turn the heat off cover with a lid.

Cook the Gnocchi

9. Return to the cooking water and bring to a boil (if it's not boiling already) and add the coarse sea salt.

10. Put the gnocchi in the water and lower the heat. The water must retain a soft boil. Cook the gnocchi for a few minutes: they are ready when they float to the surface of the water.

11. Scoop up the gnocchi with a small strainer and drain them very well, trying to remove as much liquid as possible.

Combine Sauce and Gnocchi

12. Place the cooked gnocchi in the pan with pancetta (bacon) and peas. Sprinkle the remaining parmesan cheese and serve warm.

NOTES

- I recommend using '00' (double zero) flour for the right texture. AP flour is ok but if possible, try to purchase 00 flour. What's the difference between these flours (and others)? Check out this really [great article](#).
- To get the best results, dough should be made using equal weights of water and flour.
- I use a gnocchi board to shape the gnocchi. If you don't have one, you can also use a dinner fork or the back of a grater. See video [here](#).
- Vegetable substitutions: this recipe is flexible! Use asparagus instead of peas. Shallots instead of leeks. Add or omit based on your own personal preference.