

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

*\*Measure ingredients by weight for best results*

*\*\*Less salt is needed if using fine salt instead of coarse*

### For the sauce:

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

*\*Less oil is needed if using bacon that's already fatty*

## 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 hazelnut, the shape of a tiny pillow.

It is important to attempt to keep the gnocchi 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 (for boiling the pasta), fill to about  $\frac{3}{4}$  full with water and start heat on medium to medium/high.

## Prepare the Sauce

7. In a sauté pan, large enough to hold all the gnocchi (30 cm diameter), add extra virgin olive oil and sauté pancetta until crispy. When done, remove pancetta and set aside in a bowl.

In the same pan, sauté the leeks over low heat, until they 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). 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 leeks and peas. Sprinkle the remaining parmesan cheese, mix well. Add the crispy pancetta 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 to get the right texture. 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, the back of a grater, or another tool that will imprint a texture. 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.

*Buon Appetito! Chicca*