



Gnocchi al Ragu di Seppie (Potato Dumplings with Cuttlefish Ragu)

 Dairy Free  Very Healthy

READY IN



121 min.

SERVINGS



4

CALORIES



876 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 2 pounds cuttlefish cleaned cut into 1/2-inch chunks
- ☐ 1 extra large eggs
- ☐ 2 cups flour all-purpose
- ☐ 3 cloves garlic thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 onion diced red finely

- ☐ 0.5 cup red wine
- ☐ 3 pounds russet potatoes
- ☐ 1 pinch salt
- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons thyme leaves

Equipment

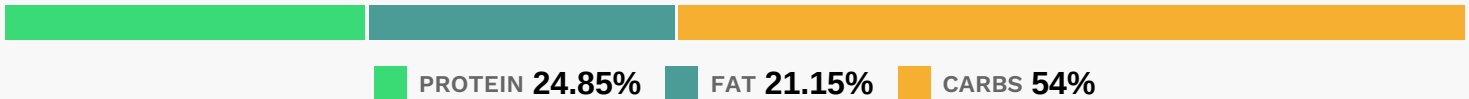
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grater

Directions

- ☐ Prepare the gnocchi according to the recipe and hold in oil until ready to cook.
- ☐ In a 12 to 14-inch saute pan, heat the olive oil over medium heat.
- ☐ Add the garlic and onion and sweat 6 minutes, until soft and translucent.
- ☐ Add the thyme and cuttlefish and increase heat to medium-high. Cook, stirring regularly, for 5 more minutes.
- ☐ Add the wine and salt and pepper to taste and reduce heat back to a simmer. Cook, uncovered, for 40 minutes, until the mixture has become of a ragu consistency, adjusting the moisture with a bit more wine or olive oil as necessary.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt. Drop the gnocchi in the boiling water and cook until they are floating aggressively, about 2 minutes.
- ☐ Drain the gnocchi, reserving the cooking water, and add them to the pan with the ragu.
- ☐ Add a little cooking water if sauce is too thick. Toss over medium-high heat 30 seconds, then serve immediately in 4 warmed pasta bowls.
- ☐ Boil the whole potatoes until they are soft (about 45 minutes). While still warm, peel and pass through vegetable mill onto clean pasta board.
- ☐ Set 6 quarts of water to boil in a large spaghetti pot. Set up ice bath with 6 cups ice and 6 cups water near boiling water.

- ☐
- 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.
- ☐
- Roll baseball-sized balls of dough into 3/4-inch diameter dowels and cut dowels into 1-inch long pieces. Flick pieces off of fork or concave side of cheese grater until dowel is finished. Drop these pieces into boiling water and cook until they float (about 2 minutes). 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 canola oil and store covered in refrigerator up to 48 hours until ready to serve.

Nutrition Facts



Properties

Glycemic Index:69.19, Glycemic Load:83.63, Inflammation Score:-10, Nutrition Score:53.751304424327%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 875.65kcal (43.78%), Fat: 19.99g (30.75%), Saturated Fat: 2.78g (17.35%), Carbohydrates: 114.8g (38.27%), Net Carbohydrates: 107.91g (39.24%), Sugar: 3.12g (3.47%), Cholesterol: 306.09mg (102.03%), Sodium: 1087.96mg

(47.3%), Alcohol: 3.18g (100%), Alcohol %: 0.55% (100%), Protein: 52.84g (105.68%), Selenium: 128.9µg (184.14%), Vitamin B2: 2.58mg (151.81%), Phosphorus: 1178.07mg (117.81%), Vitamin B12: 6.93µg (115.47%), Iron: 20.6mg (114.45%), Copper: 1.82mg (90.84%), Vitamin B6: 1.64mg (81.94%), Potassium: 2396.32mg (68.47%), Manganese: 1.37mg (68.47%), Vitamin B1: 0.81mg (53.97%), Folate: 209.42µg (52.36%), Vitamin B3: 10.14mg (50.71%), Vitamin C: 38.73mg (46.95%), Magnesium: 172.86mg (43.21%), Zinc: 5.68mg (37.89%), Calcium: 289.6mg (28.96%), Fiber: 6.88g (27.52%), Vitamin B5: 2.7mg (27%), Vitamin A: 1096.85IU (21.94%), Vitamin E: 2.72mg (18.1%), Vitamin K: 16.88µg (16.08%), Vitamin D: 0.28µg (1.87%)