



Gnocchi alla Ciociaria (Ciociaria-Style Gnocchi)

READY IN



175 min.

SERVINGS



4

CALORIES



1081 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce canned tomatoes canned
- ☐ 3 tablespoons canola oil
- ☐ 1 carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 2 ounces porcini mushrooms dried
- ☐ 1 eggs
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 0.7 cup flour all-purpose

- ☐ 1 clove garlic finely chopped
- ☐ 4 mild sausage links to package directions and coin sweet italian
- ☐ 1 small onion finely chopped
- ☐ 2 ounces pancetta diced
- ☐ 1 bunch parsley italian finely chopped
- ☐ 4 servings pecorino cheese freshly grated
- ☐ 1 teaspoon chili flakes red
- ☐ 1 cup red wine
- ☐ 1 pound russet potatoes
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper to taste

Equipment

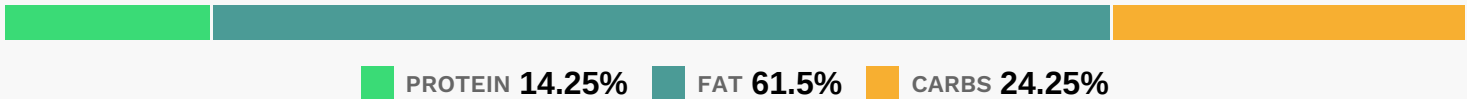
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ slotted spoon
- ☐ grater

Directions

- ☐ Place the whole potatoes in a saucepan with water to cover. Bring to a boil and cook at a low boil until they are soft, about 45 minutes. While still warm, peel the potatoes and pass them through a vegetable mill onto a clean pasta board.
- ☐ Bring about 6 quarts to a boil. Set up an ice bath with 6 cups ice water and 6 cups water nearby.
- ☐ Make a well in the center of the potatoes and sprinkle all over with the flour. Break the egg into the center of the well, add the salt, and, using a fork, stir into the flour and potatoes as if you were making pasta. Once the egg is mixed in, bring the dough together, kneading gently until a ball is formed. Knead gently another 4 minutes, until ball is dry to the touch.

- ☐ Divide the dough into 2 large balls.
- ☐ Roll each ball into 3/4 inch-diameter ropes and cut the ropes into 1-inch-long pieces. Flick the pieces off of a fork or along the concave side of a cheese grater to score the sides. Drop the dough pieces into the boiling water and cook until they float to the surface, about 1 minute. Use a slotted spoon to transfer the gnocchi to the ice bath. Meanwhile, continue with the remaining dough, forming ropes, cutting 1-inch pieces, and flicking them off a fork. Continue until all the gnocchi have been cooked and allow them to sit several minutes in the ice bath.
- ☐ Drain the gnocchi and transfer to a mixing bowl. Toss with the canola oil and store covered in the refrigerator for up to 48 hours or until ready to serve.
- ☐ In a 12 to 14-inch skillet, heat the olive oil over high heat until almost smoking.
- ☐ Add the pancetta, porcini, garlic, onion, celery, carrot, parsley and the sausage meat and cook over high heat until sausage and vegetables are browned.
- ☐ Add the red wine, let it evaporate, then add the tomatoes and the pepper flakes. Adjust the seasoning with salt and pepper and lower heat to a simmer.
- ☐ Let cook for 45 minutes.
- ☐ Meanwhile, bring 6 quarts of water to a boil and add 2 tablespoons salt.
- ☐ Once the sauce is thickened to the proper consistency, remove the gnocchi from their container and cook in the boiling water until they float aggressively.
- ☐ Drain the gnocchi and add to the simmering sauce. Toss very gently over heat 30 seconds to coat, then divide evenly among 4 warmed pasta bowls. Top with freshly grated pecorino and serve.

Nutrition Facts



Properties

Glycemic Index:108.9, Glycemic Load:31.77, Inflammation Score:-10, Nutrition Score:47.933043251867%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:
0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg,
Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 31.08mg, Apigenin: 31.08mg, Apigenin: 31.08mg, Apigenin:
31.08mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.89mg,
Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.44mg, Kaempferol: 0.44mg,
Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 2.39mg, Myricetin: 2.39mg, Myricetin: 2.39mg, Myricetin:
2.39mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg Gallocatechin: 0.05mg,
Galocatechin: 0.05mg, Galocatechin: 0.05mg, Galocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1081.07kcal (54.05%), Fat: 71.86g (110.55%), Saturated Fat: 22.39g (139.97%), Carbohydrates: 63.77g
(21.26%), Net Carbohydrates: 56.41g (20.51%), Sugar: 8.46g (9.4%), Cholesterol: 166.6mg (55.53%), Sodium:
1968.41mg (85.58%), Alcohol: 6.36g (100%), Alcohol %: 1.42% (100%), Protein: 37.45g (74.91%), Vitamin K: 262.11µg
(249.63%), Vitamin A: 4376.94IU (87.54%), Selenium: 53.57µg (76.53%), Vitamin B1: 1.11mg (74.21%), Phosphorus:
629.59mg (62.96%), Copper: 1.25mg (62.58%), Vitamin B6: 1.24mg (62.07%), Vitamin B3: 10.62mg (53.08%),
Vitamin C: 41.33mg (50.09%), Vitamin B5: 4.97mg (49.66%), Potassium: 1665.72mg (47.59%), Manganese: 0.95mg
(47.45%), Vitamin B2: 0.8mg (46.92%), Calcium: 445.15mg (44.51%), Iron: 6.89mg (38.26%), Vitamin E: 5.47mg
(36.44%), Zinc: 5.3mg (35.35%), Folate: 140.32µg (35.08%), Magnesium: 123.01mg (30.75%), Fiber: 7.37g (29.46%),
Vitamin B12: 1.52µg (25.4%), Vitamin D: 0.98µg (6.53%)