



Gnocchi With Brown Butter and Sage

READY IN



110 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large eggs
- 1 cups flour for dusting all-purpose plus more
- 6 servings kosher salt
- 0.5 cup and/or coarsely parmesan cheese grated shaved
- 1 tablespoon pepper flakes red
- 1.5 pounds russet potatoes
- 4 sage leaves thinly sliced
- 6 tablespoons butter salted

Equipment

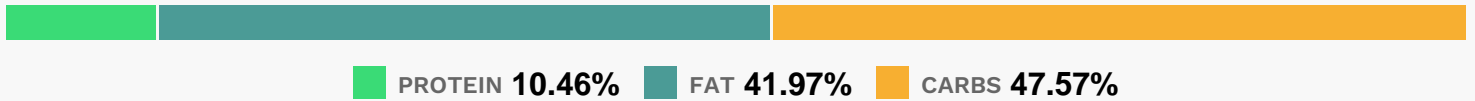
- bowl
- frying pan
- baking sheet
- oven
- knife
- pot
- kitchen towels
- slotted spoon
- cutting board
- potato ricer

Directions

- Preheat the oven to 375 degrees F.
- Pour a mound of kosher salt onto a rimmed baking sheet. Prick the potatoes all over with a fork and nestle them in the salt; this prevents the potatoes from browning and draws out their moisture.
- Bake the potatoes until fork-tender, about 45 minutes.
- Let sit until just cool enough to handle.
- Halve the potatoes lengthwise and scoop the flesh into a potato ricer; discard the skin. Press the flesh through the ricer onto a floured counter or cutting board; let cool 3 to 4 minutes.
- Spread out the potatoes slightly. Beat the egg with 1/2 teaspoon salt in a small bowl and drizzle over the potatoes.
- Sprinkle the potato mixture with 1 cup flour and knead until a smooth dough forms, adding up to 1/2 cup more flour if the dough is sticky. Cover with a kitchen towel and let rest 10 minutes.
- Lightly flour your surface. Divide the dough into 6 pieces and roll into "snakes," about 1/2 inch in diameter.
- Cut into 1/2-to-1-inch lengths with a bench cutter or knife; transfer to a parchment-lined baking sheet and lightly dust with flour.

- Make the sauce: Melt the butter in a large skillet over high heat. Cook, stirring, until the butter develops brown flecks and smells nutty. Watch it closely to keep the butter solids from burning.
- Remove from the heat.
- Bring a large pot of salted water to a boil.
- Add the gnocchi; wait until they float to the surface, then simmer 30 more seconds. (Taste one to make sure it's cooked through.) Return the brown butter to medium-low heat. Scoop the gnocchi from the pot with a spider or slotted spoon, transfer to the skillet and toss until some of the brown-butter flecks stick to the gnocchi.
- Add the red pepper flakes, sage and a few tablespoons of the gnocchi cooking water; toss again.
- Remove from the heat and add half of the cheese. Divide among bowls and top with the remaining cheese.
- Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:34.96, Glycemic Load:27.62, Inflammation Score:-6, Nutrition Score:11.273043544396%

Nutrients (% of daily need)

Calories: 316.6kcal (15.83%), Fat: 14.97g (23.03%), Saturated Fat: 8.84g (55.27%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 35.66g (12.97%), Sugar: 0.9g (1%), Cholesterol: 68.35mg (22.78%), Sodium: 469.43mg (20.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.79%), Vitamin B6: 0.45mg (22.48%), Selenium: 13.4µg (19.15%), Manganese: 0.36mg (17.77%), Vitamin B1: 0.27mg (17.75%), Vitamin A: 863.41IU (17.27%), Phosphorus: 161.57mg (16.16%), Potassium: 551.51mg (15.76%), Folate: 59.21µg (14.8%), Vitamin B2: 0.22mg (13.21%), Iron: 2.36mg (13.13%), Vitamin B3: 2.58mg (12.88%), Copper: 0.25mg (12.58%), Calcium: 104.26mg (10.43%), Fiber: 2.5g (10.01%), Magnesium: 36.9mg (9.22%), Vitamin C: 6.47mg (7.85%), Zinc: 1.01mg (6.76%), Vitamin E: 0.99mg (6.58%), Vitamin B5: 0.61mg (6.15%), Vitamin K: 4.66µg (4.44%), Vitamin B12: 0.21µg (3.51%), Vitamin D: 0.21µg (1.39%)