



 **72%**
HEALTH SCORE

Potato Dumplings with Hazelnuts: Gnocchi in Salsa di Nocciole

 Very Healthy

READY IN



170 min.

SERVINGS



4

CALORIES



1558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds baking potatoes
- 1 tablespoon peppercorns black
- 0.5 cup canola oil
- 3 carrots coarsely chopped
- 4 ribs celery coarsely chopped
- 3.5 pounds chicken wings
- 1 extra large eggs

- 2 cups flour all-purpose
- 1 apples green cored peeled roughly chopped
- 0.3 cup hazelnuts shelled
- 1 cup heavy cream
- 2 tablespoons olive oil extra-virgin
- 2 onions coarsely chopped
- 4 servings parmigiano-reggiano for grating
- 1 bunch parsley stems
- 1 pinch salt
- 4 servings salt and pepper
- 2 tablespoons tomato paste

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- ladle
- oven
- pot
- wooden spoon
- grater

Directions

- Preheat the oven to 375 degrees F.
- Place the hazelnuts on a sheet tray and brown in the oven for 10 minutes.
- Remove from the oven, allow to cool until it is comfortable to handle them, then slip them from their skins.

- Place the nuts in a small, heavy-bottomed saucepan, pour the chicken stock over and bring to a boil. Boil for 5 minutes, then remove from heat and allow to cool.
- In the bowl of a food processor, combine the nuts and stock, apple, heavy cream and salt and pepper, to taste. Blend until well combined but not completely homogenous. Set aside.
- Bring 6 quarts of water to a boil and add 2 tablespoons salt.
- In a 12 to 14-inch saute pan, place the hazelnut sauce and bring to a simmer over medium-high heat, taking care not to scorch it.
- Meanwhile, drop the gnocchi into the boiling water and cook until they float aggressively, about 2 minutes.
- Drain the gnocchi, reserving the pasta cooking water, and add the gnocchi to the pan. Toss over high heat 1 minute to coat, adding a splash of pasta cooking water if necessary to keep the sauce from getting too tight.
- Serve immediately garnished with grated cheese.
- 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 ball 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 1 minute). 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.
- In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- Add all the chicken parts and brown all over, stirring to avoid burning.
- Remove the chicken and reserve.

- Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

Nutrition Facts

PROTEIN 18.03% **FAT 47.79%** **CARBS 34.18%**

Properties

Glycemic Index:112.15, Glycemic Load:88.6, Inflammation Score:-10, Nutrition Score:61.732173629429%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 3.44mg, Epicatechin: 3.44mg, Epicatechin: 3.44mg, Epicatechin: 3.44mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 31.85mg, Apigenin: 31.85mg, Apigenin: 31.85mg, Apigenin: 31.85mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 2.15mg, Myricetin: 2.15mg, Myricetin: 2.15mg, Myricetin: 2.15mg Quercetin: 13.28mg, Quercetin: 13.28mg, Quercetin: 13.28mg, Quercetin: 13.28mg

Nutrients (% of daily need)

Calories: 1558.44kcal (77.92%), Fat: 83.37g (128.27%), Saturated Fat: 30.67g (191.72%), Carbohydrates: 134.18g (44.73%), Net Carbohydrates: 121.96g (44.35%), Sugar: 15.51g (17.24%), Cholesterol: 304.74mg (101.58%), Sodium: 1032.78mg (44.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.78g (141.56%), Vitamin K: 275.72µg (262.59%), Vitamin A: 10688.87IU (213.78%), Vitamin B6: 2.28mg (114.01%), Vitamin B3: 21.32mg (106.6%), Manganese: 2.03mg (101.62%), Selenium: 69.82µg (99.75%), Phosphorus: 895.11mg (89.51%), Potassium: 2547.06mg (72.77%), Vitamin B1: 1.04mg (69.42%), Vitamin C: 52.53mg (63.67%), Folate: 248.06µg (62.02%), Vitamin B2: 1mg (58.84%), Iron: 10.56mg (58.65%), Calcium: 570.47mg (57.05%), Fiber: 12.22g (48.87%), Magnesium: 194.27mg (48.57%), Copper: 0.84mg (41.78%), Zinc: 6.11mg (40.76%), Vitamin B5: 3.93mg (39.33%), Vitamin E: 5.57mg (37.12%), Vitamin B12: 1.27µg (21.09%), Vitamin D: 1.6µg (10.64%)