



Salumi with Grape Mostarda and Whole Wheat Gnocci Fritti

READY IN



45 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon active yeast dry
- ☐ 1 bay leaf
- ☐ 6 servings canola oil for deep-frying
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 cup champagne vinegar
- ☐ 6 servings cured meats italian assorted thinly sliced (such as salami, mortadella, prosciutto, speck, and coppa)
- ☐ 1 tablespoon dijon mustard

- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1.5 tablespoons warm milk whole (105°F to 115°F)
- ☐ 2 tablespoons mustard seeds
- ☐ 1 teaspoon olive oil extra-virgin plus more for coating bowl
- ☐ 1 strips peel of 1 orange with vegetable peeler
- ☐ 1 cup parmesan cheese finely grated
- ☐ 2 pounds grapes red seedless stemmed
- ☐ 1 cup onion red chopped
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt (scant)
- ☐ 0.5 teaspoon sugar
- ☐ 7 tablespoons water lukewarm
- ☐ 0.8 cup flour whole wheat ()

Equipment

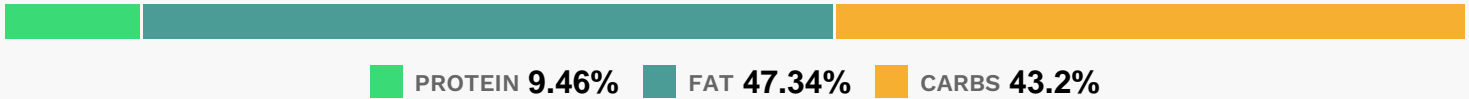
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ pasta machine

Directions

- ☐ Bring all ingredients except mustard to simmer in heavy large pot over medium heat, stirring until sugar dissolves. Simmer until liquids thicken and grapes are soft but most are still intact, stirring often, about 30 minutes.
- ☐ Mix in mustard. DO AHEAD: Can be made 1 week ahead. Cool, cover, and chill.
- ☐ Stir warm milk and sugar in small bowl; mix in yeast.

- ☐ Let stand until mixture looks spongy, about 6 minutes.
- ☐ Combine 3/4 cup flour, salt, and cayenne in large bowl.
- ☐ Add 7 tablespoons lukewarm water, 1 teaspoon olive oil, and yeast mixture; stir until soft slightly sticky dough forms. Coat another large bowl with olive oil.
- ☐ Add dough and turn to coat. Cover bowl with plastic wrap and kitchen towel.
- ☐ Let dough rise in warm draft-free area until doubled in volume, about 1 hour.
- ☐ Knead dough on work surface until smooth, sprinkling lightly with more flour if very sticky. Divide dough in half. Shape each half into 2-inch-wide 1/3-inch-thick rectangle. Cover with plastic wrap.
- ☐ Set pasta machine to widest setting. Run 1 rectangle through machine 6 times.
- ☐ Cut dough in half crosswise; turn machine to next-narrower setting. Continue to run dough through machine, adjusting to next-narrower setting after each 6 passes, until each strip is about 4 inches wide, 12 inches long, and 1/16 inch thick. Repeat with second dough rectangle.
- ☐ Cut each dough strip crosswise into 1-inch-wide strips.
- ☐ Pour canola oil into large saucepan to depth of 1 inch. Attach deep-fry thermometer to pan; heat oil over medium heat to 350°F. Fry dough in batches until golden and crisp, about 2 minutes per batch.
- ☐ Transfer to paper-towel-lined baking sheet.
- ☐ Sprinkle hot gnocchi with cheese. DO AHEAD: Can be made 6 hours ahead.
- ☐ Let stand at room temperature. Rewarm in 350°F oven about 5 minutes.
- ☐ Arrange salumi on platter.
- ☐ Serve with mostarda and gnocchi.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:12.83, Inflammation Score:-6, Nutrition Score:14.792173916879%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg,

Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 398.42kcal (19.92%), Fat: 21.83g (33.58%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 40.61g (14.77%), Sugar: 25.47g (28.3%), Cholesterol: 15.57mg (5.19%), Sodium: 527.38mg (22.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.63%), Manganese: 0.89mg (44.28%), Selenium: 24.04µg (34.34%), Vitamin K: 33.8µg (32.19%), Phosphorus: 238.59mg (23.86%), Vitamin E: 3.38mg (22.53%), Calcium: 193.24mg (19.32%), Vitamin B1: 0.26mg (17.5%), Fiber: 4.21g (16.83%), Copper: 0.31mg (15.31%), Magnesium: 56.66mg (14.17%), Vitamin B6: 0.27mg (13.43%), Potassium: 468.3mg (13.38%), Vitamin B2: 0.23mg (13.31%), Zinc: 1.56mg (10.42%), Iron: 1.79mg (9.93%), Vitamin C: 7.49mg (9.07%), Vitamin A: 394.12IU (7.88%), Vitamin B3: 1.42mg (7.08%), Folate: 28.15µg (7.04%), Vitamin B12: 0.25µg (4.09%), Vitamin B5: 0.34mg (3.43%)