



Warm Basil Gnocchi Salad with Carpaccio of Tomatoes



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



10

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 tablespoons juice of lemon fresh
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 3.5 ounces pecorino
- ☐ 10 handfuls salad greens
- ☐ 10 servings gray salt and pepper black freshly ground
- ☐ 2.5 pounds vine-ripened tomatoes red yellow

Equipment

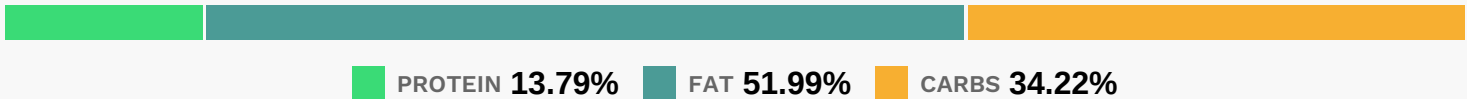
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon
- ☐ mandoline
- ☐ peeler
- ☐ skimmer
- ☐ potato ricer
- ☐ chefs knife

Directions

- ☐ In a medium or large bowl, whisk together the olive oil, lemon juice, and salt and pepper to taste. Taste for balance and adjust with olive oil or lemon as necessary. Using a mandoline or sharp chef's knife, slice the tomatoes as thinly as possible and arrange on a large platter. Season with salt and pepper and spoon a little of the vinaigrette over the tomatoes. Toss the lettuce with a little more of the dressing and arrange on top of the tomatoes.
- ☐ When the gnocchi has drained, place in the bowl with the remaining vinaigrette. Toss gently, then scatter the gnocchi on the salad. Using a vegetable peeler, shave the cheese over the salad and serve immediately.
- ☐ pounds russet potatoes
- ☐ Coarse salt
- ☐ egg yolks
- ☐ /2 cup freshly grated Parmesan
- ☐ /2 teaspoon salt
- ☐ Pinch freshly ground black pepper
- ☐ Pinch freshly grated nutmeg

- ☐ to 1 1/4 cups unbleached all-purpose flour, plus more for dusting or use store bought gnocchi (1 pound fresh or frozen)
- ☐ Preheat oven to 375 degrees F.
- ☐ Bake potatoes until very soft on a bed of coarse salt in a baking dish, about 45 minutes. (The salt keeps the potatoes from touching the dish and developing a hard spot.) Cool potatoes until warm, then halve lengthwise and scoop out the flesh. Pass the flesh through a food mill or ricer, or push it through a coarse sieve. You should have about 4 cups.
- ☐ In a bowl, combine potato, egg yolks, Parmesan, salt, pepper, and nutmeg. Work the mixture with a wooden spoon until smooth.
- ☐ Add 1 cup of the flour and knead very gently, patting and pressing the dough with your hands until all the flour is incorporated.
- ☐ Add some or all of the additional 1/4 cup flour if the dough feels too moist, it should be soft but shouldn't stick to your hands.
- ☐ Transfer dough to a work surface and roll into a log about 3 inches in diameter.
- ☐ Cut the log into 8 equal pieces.
- ☐ Give each piece a quarter-turn so that you are rolling the dough in a different direction, then roll into ropes, a generous 1/2-inch in diameter, as if making breadsticks. Flour the ropes generously, and then cut crosswise at 1/2-inch intervals. You can shape the gnocchi on a ridged butter paddle or on the back of a fork, or you can cook them as is.
- ☐ Let them dry at room temperature for at least 20 minutes before cooking
- ☐ Bring a large pot of water to a boil and add salt.
- ☐ Add the gnocchi and cook for about 90 seconds from the time they rise to the surface.
- ☐ Remove with a skimmer, drain well.
- ☐ Cook's Note: Although you need only a half batch of gnocchi for this recipe, take the time to make a whole batch, freeze half, and reap the rewards of your effort later.
- ☐ A carpaccio is paper thin slices of a food such as tomatoes that can turn a simple supper into an elegant meal.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:7.0856520378071%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 71.44kcal (3.57%), Fat: 4.44g (6.84%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.2g (3.55%), Cholesterol: 5.06mg (1.69%), Sodium: 24.56mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 27.72mg (33.6%), Vitamin A: 1444.16IU (28.88%), Vitamin K: 10.97µg (10.44%), Potassium: 357.05mg (10.2%), Manganese: 0.2mg (10.12%), Folate: 34.52µg (8.63%), Vitamin E: 1.05mg (7%), Vitamin B6: 0.13mg (6.54%), Phosphorus: 59.25mg (5.93%), Fiber: 1.41g (5.63%), Magnesium: 18.59mg (4.65%), Copper: 0.09mg (4.58%), Vitamin B3: 0.91mg (4.56%), Vitamin B1: 0.06mg (3.81%), Calcium: 38mg (3.8%), Vitamin B2: 0.06mg (3.66%), Iron: 0.63mg (3.49%), Zinc: 0.4mg (2.65%), Selenium: 1.61µg (2.3%), Vitamin B5: 0.18mg (1.81%)