Potato Gnocchi

Ingredients

- 1 kg potatoes unpeeled
- 1 teaspoon salt
- 115g (3/4 cup) plain flour
- 1 egg
- Plain flour, extra, to dust

Method

Wash potatoes. Place into a saucepan and cover with water or steam. Cook until tender and then cool a little. Peel the potatoes.

Mash until smooth with a potato ricer or masher. Place into a large bowl. Add flour. Mix to form a firm, slightly sticky dough. If it's too sticky, add a little more flour, but only a tablespoon at a time. Too much makes the dough heavy.

Dust a tray, lined with a clean, dry tea towel, with flour. Cut dough into 4 even portions. Roll each portion on a lightly floured surface to a 2cm-thick log. Use a lightly floured knife to cut logs into 2cm pieces. Roll each piece into a ball. Place on the lined tray, making sure the gnocchi don't touch each other.

Gently roll, 1 at a time, over the back of a lightly floured fork. The ridges help sauce cling to the gnocchi and give them a traditional Italian finish.

Bring a large shallow saucepan of water to the boil. Add one-quarter of the gnocchi. When they rise to the surface - after about 2-3 minutes - they're ready. Use a slotted spoon to transfer to a baking tray, making sure there's a little cooking water still on the tray. This stops them sticking together.