

# COOKING CLASSES

With DZ Restaurants

## **AUTUMN GNOCCHI AND GNUDI**

WITH EXECUTIVE CHEF FABRIZIO BAZZANI



## Preparation Notes:

- Please gather all ingredients prior to class if you will be cooking along.

## Ingredients:

Below is a list of ingredients needed to prepare the recipes in this packet.

### Autumn Ricotta Gnocchi:

- 2 pounds butternut squash
- 1 large egg, lightly beaten
- 1 cup whole-milk ricotta
- 3/4 cup freshly grated Parmigiano-Reggiano cheese
- Coarse salt
- 1 1/3 to 1 2/3 cups unbleached all-purpose flour, plus more for dusting

### For The Sauce:

- 3 to 4 tablespoons unsalted butter
- 10 fresh sage leaves, torn
- Coarse salt
- 1/3 to 1/2 cup freshly grated Parmigiano-Reggiano cheese, plus more for serving

### Ricotta Gnudi:

- 16 oz Ricotta
- 1 egg
- 1 cup dry spinach puree prepared from 20 oz of fresh spinach
- ¼ cup grated Grana Padano
- 6 Tablespoons of Breadcrumbs
- ¼ cup flour, plus flour for rolling
- ½ Teaspoon Salt
- Freshly ground Black Pepper

# Wine Recommendations

Below is a list of varietals that pair well with this meal:

- Prosecco
- Chianti
- Toscano Rosso
- Valpolicella
- Montepulciano

# Equipment Needed:

Below is a list of tools you will need to make the recipes in this packet.

## Cutlery

- Chef's knife
- Paring knife
- Cutting board

## Hand Tools/Gadgets

- Fork
- Measuring cups and spoons
- Bench scraper, optional
- Microplane, optional
- Gnocchi paddle, optional
- Slotted spoon or spider

## Cookware

- 2 Large saucepans
- Large skillet

## Bakeware

- Rimmed baking sheet

## Tabletop

- Serving bowl

## Other

- Clean kitchen towels

# Autumn Ricotta Gnocchi:

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- 1 large egg, lightly beaten
- 1 cup whole-milk ricotta
- 3/4 cup freshly grated Parmigiano-Reggiano cheese
- Coarse salt
- 1 1/3 to 1 2/3 cups unbleached all-purpose flour, plus more for dusting

## For The Sauce:

- 3 to 4 tablespoons unsalted butter
- 10 fresh sage leaves, torn
- Coarse salt
- 1/3 to 1/2 cup freshly grated Parmigiano-Reggiano cheese, plus more for serving

Yield: 2-4 servings

Gnocchi are small Italian dumplings traditionally made from flour and cooked potato. They are rolled and cut into bite-size pieces before being quickly cooked in boiling water to reveal light and fluffy little dumplings or “pillows.”

1. **This first step must be done prior to class.** Preheat oven to 375 degrees. Line a baking sheet with parchment paper. Cut squash in half lengthwise. Place on prepared baking sheet, cut side down. Cover with parchment paper and aluminum foil. Bake until tender, 1 to 1 1/2 hours. Let cool slightly; remove and discard the seeds, and scrape the pulp from the skin. Place the pulp in a large kitchen towel (not terrycloth), wrap it around the squash, and squeeze out approximately 3/4 cup of the juices.
2. In a large bowl, combine the squash, egg, ricotta, Parmigiano, 2 teaspoons salt, and 1 1/3 cups flour. Mix with a wooden spoon or your hands until thoroughly blended together. Transfer the mixture to a lightly floured wooden board, and, with your hands, work gently into a dough, gradually adding a little more flour if the dough sticks too much to your hands and to the board. Dust the dough lightly with flour, and place in a bowl. Cover the bowl with a kitchen towel, and let sit.
3. To form the gnocchi, cut off a piece of dough about the size of an orange. Flour your hands lightly. Using both hands, roll out the piece of dough with a light back-and-forth motion into a rope about the thickness of your index finger. Cut the rope into 1-inch pieces. Hold a fork with the tines against the work surface, the curved part of the fork facing away. Starting from the bottom of the tines of the fork, press each piece of dough with your index finger firmly upward along the length of the tines, then let the gnocchi fall back onto the work surface. Repeat with

the remaining dough until all the gnocchi have been formed. Transfer gnocchi to a lightly floured platter or baking sheet. The gnocchi can be cooked immediately or refrigerated, uncovered, overnight.

4. Bring a large pot of water to a boil over high heat. Add remaining tablespoon salt and gnocchi. Cover pot, and cook until water returns to a boil. Uncover, and cook until the gnocchi rise to the surface, 1 to 2 minutes. Let cook for just 20 to 30 seconds more.
5. While the gnocchi are cooking, make the sauce: Melt butter in a large skillet over medium heat. When it begins to foam, add sage, and stir a few times.
6. Remove the gnocchi from the pot with a slotted spoon or a skimmer, draining the excess water back into the pot, and place in the skillet. Season lightly with salt, and add a small handful of the Parmigiano. Stir over medium heat until the gnocchi are well coated with butter. Taste, adjust for seasoning, and serve immediately with a sprinkling of Parmigiano.

# Ricotta Gnudi:

- 16 oz Ricotta
- 1 egg
- 1 cup dry spinach puree prepared from 20 oz of fresh spinach
- ¼ cup grated Grana Padano
- 6 Tablespoons of Breadcrumbs
- ¼ cup flour, plus flour for rolling
- ½ Teaspoon Salt
- Freshly ground Black Pepper

Yield: 4-6 servings

Gnudi means “naked dumpling,” because it is truly a stuffing without a pasta shell. So, if you love those stuffings in ravioli, skip the pasta-this dish is for you

- Start heating a large pot of salted water.
- Blend the ricotta and the egg together in a large bowl. Mix in the spinach, cheese, breadcrumbs, flour, salt and pepper, and knead lightly.
- Test the consistency of the dough by scooping up a heaping tablespoon, forming it into a ball, and flouring it. Drop it into the boiling water; if it does not hold its shape and rise to the surface of the water within a minute, add more breadcrumbs to your dough.
- When you have the right consistency, shape all of the dough into balls the size of golf balls, roll them lightly in flour, and lay them out on baking sheets covered in parchment paper.
- Drop the gnudi gently one by one into the boiling water and cook for about 2 or 3 minutes, until they rise to the top, and come to a rolling boil. To test for doneness, scoop out a ball and press it with your fingers: the dumpling dough when cooked should bounce back, leaving no indentation.
- Gnudi would go nicely with a butter and sage sauce. Top with freshly grated cheese before serving.