

Nonna's Kitchen Secrets

- 3 Authentic Fresh Pasta Recipes -



Potato Gnocchi

SERVES 4 - COOK IN 1 HOUR



Ingredients

- 900g potatoes, boiled and peeled
- 300g '00' flour (or all purpose flour)
- 1 egg (optional)
- 20g ground nutmeg
- Salt

Preparation

1

Bring a large pot of salted water to a boil. Cook the potatoes with their skins until tender but still firm. You can also bake the potatoes in a dry, hot oven until they are soft. Drain, peel, cool and mash with a fork or potato masher. (N.B. Chef Francesco recommends using chilled potatoes as they will require less flour and remain fluffy, light and flavourful).

2

Combine mashed potato in a mixing bowl with flour, egg (optional), ground nutmeg and salt. Knead until dough forms a homogeneous ball. On a floured surface, shape small portions of the dough into cylindrical "snakes", cut into half-inch pieces and leave to rest for half an hour.

3

Bring a large pot of salted water to boil, drop the gnocchi in and cook for 3-5 minutes until they rise to the top. Drain and serve with the sauce of your choice. Buon Appetito!

Chestnut Flour Maltagliati

SERVES 4 - COOK IN 1 1/2 HOUR



Ingredients

- 150g chestnut flour
- 150g semolina flour
- 250g '00' flour (or all purpose flour)
- 5 eggs
- 2 egg yolks
- Salt

Preparation

1

Mix the chestnut, semolina and all purpose flour. Place the mixed flours in the middle of a work surface and create a "well" in the centre. Add the eggs and salt to the well, gradually begin to mix the flour and liquid ingredients, drawing the flour from the inside walls of the well. You can begin doing this with a fork, but eventually, once the dough becomes thicker, it is best to use your hands to work the dough.

2

Work the dough for 15-20 minutes until the mixture is fully combined and forms a ball. Wrap the dough in cling film and leave to rest for half an hour at room temperature. On a floured surface, divide the pasta into three parts. Roll out each part to form a thin rectangle: the thickness should be 1.5mm so that when you lift the dough you can see the shadow of your palm below. (N.B. If using a pasta machine, pull the dough to its thinnest extent). Flour with semolina if necessary.

3

Using a sharp knife or pasta cutter, begin to make a series of diagonal cuts to the sheets of pasta. Cut parallel to each other and then make the same diagonal cuts going the other way. You should end up with triangles and trapezoids — don't worry about them being irregular, they are called maltagliati ("badly cut") for a reason! Place on a lightly floured surface and sprinkle with semolina until ready to be cooked. Bring a large pot of salted water to boil, immerse the pasta and cook for 1-2 minutes. Drain and serve with the sauce of your choice. Buon Appetito!

Potato & Sausage Ravioli

SERVES 4 - COOK IN 2 HOURS



Ingredients

- 400g 00' flour (or all purpose flour)
- 400g semolina flour
- 4 eggs
- Tablespoon of Extra-virgin olive oil (EVOO)
- Salt
- 150g potatoes, boiled and peeled
- 80g fresh sausages, casing removed
- 100g grated Parmigiano-Reggiano
- Tablespoon of tomato paste
- 10g parsley, finely cut
- 2 garlic cloves
- Salt
- 1 egg
- Tablespoon of water

Preparation

1

Mix the all purpose and semolina flour. Place the mixed flours in the middle of a work surface and create a "well" in the centre. Add the eggs and salt to the well, gradually begin to mix the flour and liquid ingredients, drawing the flour from the inside walls of the well. You can begin doing this with a fork, but eventually, once the dough becomes thicker, it is best to use your hands to work the dough. Work the dough for 15-20 minutes until the mixture is fully combined and forms a ball. Wrap the dough in cling film and refrigerate for 1 hour.

2

While the dough rests, prepare the ravioli filling. Bring a large pot of salted water to a boil. Cook the potatoes with their skins until tender but still firm. Drain, peel, cool and mash with a fork or potato masher. Place some olive oil in a frying pan and sauté the garlic cloves. Discard the garlic but keep aside the oil. In a bowl break up the sausages, add the mashed potatoes, Parmigiano-Reggiano, parsley, olive oil (used to sauté the garlic) tomato paste and salt. Mix ingredients and then set the filling aside.

3

On a floured surface, divide the pasta into three parts. Roll out (or pull if using a pasta machine) each part into thin sheets until paper-thin. Place teaspoonfuls of the filling, one-inch apart, on half of the pasta sheet. Lightly brush the egg wash around the edge of the filling, fold the other half of the sheet over and press out the air from around each portion of filling. Cut individual ravioli into squares or circles with a pastry wheel or knife. Gently slide the ravioli into a large pot of boiling salted water and cook for 1-2 minutes until they rise to the top. Drain and serve with the sauce of your choice. Buon Appetito!