

# BUCKWHEAT GNOCCHI

## with Brown Butter Sauce and Arugula

### COOKEE'S TOOL KIT

Pot  
Potato ricer or masher  
Baking sheet  
Parchment paper  
Fork or Gnocchi board  
Scraper or knife  
Nonstick skillet  
Adult Supervision



### Ingredients

#### Gnocchi:

2 pounds baking potatoes, cleaned, cooked and mashed  
1 tablespoon Kosher salt  
1 Cup buckwheat flour + ¼ Cup extra for dusting  
1 egg, beaten  
1 tablespoon Extra-virgin olive oil

Optional: 1/4 cup chopped fresh herbs (chervil, chives, basil, or parsley)

#### Brown Butter Sauce:

4 tablespoons unsalted butter  
1 garlic clove, minced  
3 cups arugula  
1 lemon, zested and juiced  
Grated Parmesan cheese

### Directions

1. Cook and mash potatoes, best method is after potatoes have been baked run potatoes through a potato ricer or sieve. Place in a medium sized bowl and allow to cool.
2. Add 1 egg, ¾ cup of the buckwheat flour and salt over the potatoes, use knuckles, and press flour into the potatoes. Work quickly. Fold the dough over on itself and press down again. Sprinkle more flour and continue until these ingredients are combined and the dough is not sticky. The secret to light tender gnocchi is to use as little flour as possible.
3. Place any dough clinging to the fingers back place back into the dough. If the mixture is too dry, add a little water. The dough should feel nice and give under a little pressure. Test dough by rolling a piece with your hands on a well-floured board into a rope 1/2 inch diameter. If the dough holds together, it is ready. If not, add more flour, fold and press the dough several more times and test again.



There is a classic gnocchi shape that uses a gnocchi board which is a ridged paddle; also the tines of a large fork turned upside down can shape the gnocchi. Turn fork upside down with tines in the air and take each piece, squish it lightly with thumb against the board or tines. The indentation holds the sauce and helps the gnocchi cook faster.

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4. Cut the dough into 4 pieces and roll each piece into a rope about ½-inch in diameter. Cut into ½-inch long pieces. Lightly flour the gnocchi as they are cut. Set gnocchi on a lined baking sheet for 15 minutes then turn gnocchi over. Gnocchi can be frozen at this point.
5. Bring water to a boil, salt the water with 1 teaspoon salt and drop the gnocchi in. Stir and bring back to a boil, cook 1 to 2 minutes until gnocchi floats. Drain, add butter to the pan and cook it for 45 seconds until it browns. Add garlic, lemon zest, juice, salt and pepper, then the arugula. Turn heat off and toss for 15 seconds.
6. Top with parmesan cheese strips cut from a cheese wedge for dramatic presentation.

Serve immediately.



Prep time: 20 minutes  
Cook time: 20 minutes

Serves: 4