

Traditional Italian Homemade Gnocchi

Learn to make authentic Italian gnocchi from scratch with this traditional potato dumpling recipe. Light, fluffy, and perfect with any sauce.

30 min

PREP

1h

COOK

1h 30min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Traditional Italian Homemade Gnocchi

Ingredients

- 2 lb potato
- 1 egg
- 1 egg yolk
- 1 cup parmesan cheese
- 1 tsp salt
- 0 pinch nutmeg
- 2 cup flour

Instructions

- 1 Prepare the Potatoes**

Preheat oven to 400°F (200°C). Pierce the 2 lb of russet potatoes several times with a fork and place on a baking sheet.
- 2 Bake potatoes for 45-60 minutes until fork-tender and skin begins to wrinkle. Remove from oven and let cool for 10 minutes until safe to handle.**
- 3 Make the Potato Base**

Peel the warm potatoes with a paring knife while still slightly warm. Pass the peeled potatoes through a potato ricer or food mill onto a clean work surface, spreading them in an even layer.
- 4 Let the riced potatoes cool completely to room temperature, about 10-15 minutes. Create a well in the center of the potato mound.**
- 5 Form the Dough**

Add the whole egg and egg yolk to the well in the potatoes. Sprinkle the 1 tsp salt and pinch of nutmeg over the potatoes, then add 3/4 cup of the all-purpose flour.
- 6 Using a bench scraper or your hands, gently work the ingredients together until a soft dough forms. Add more flour gradually if the dough is too sticky, but avoid overworking.**
- 7 Shape the Gnocchi**

Divide the dough into 8 equal portions. Roll each portion into a rope about 3/4-inch thick on a lightly floured surface.
- 8 Cut each rope into 3/4-inch pieces using a bench scraper or knife. Place the gnocchi on a floured baking sheet, ensuring they don't touch each other.**

9 Cook the Gnocchi

Bring a large pot of water to a rolling boil. Add 2 tablespoons salt to the water.

10 Add the gnocchi to the boiling water in batches of about 20 pieces to avoid overcrowding. Cook for 2-3 minutes until they float to the surface.

11 Use a slotted spoon to remove the gnocchi immediately when they float. Transfer to your prepared sauce or toss with butter and serve immediately.

Tips

Score the potatoes before baking to speed up cooking and allow moisture to escape, resulting in drier potatoes that will create lighter, fluffier gnocchi.

Use a potato ricer or food mill instead of a regular masher to achieve the smoothest texture and prevent lumpy gnocchi that won't hold together properly.

Work with warm potatoes but let them cool enough to handle safely - the warmth helps the flour incorporate more easily without overworking the dough.

Add flour gradually and stop as soon as the dough comes together; overworking will develop the gluten and create tough, chewy gnocchi instead of tender dumplings.

Test cook one or two gnocchi first to check the texture - if they fall apart, gently knead in a bit more flour before cooking the rest.

Cook gnocchi in batches to prevent overcrowding and maintain the water temperature, ensuring even cooking and preventing them from sticking together.

Use a slotted spoon to transfer cooked gnocchi directly from the boiling water to your sauce, allowing some pasta water to help bind the sauce.

Dust your work surface and hands lightly with flour while shaping to prevent sticking, but avoid using too much flour which can make the gnocchi heavy.