

June 16th
6:00pm on zoom

OTTAVIO

ITALIAN BAKERY & DELICATESSEN

Before Class

Begins:

Boil the potatoes 1 hour before class as described in gnocchi recipe. Drain and keep warm in a pot with a lid

Ottavio

ingredients:

Tomato pasata
Parmigiano
Reggiano
Mascarpone
Ladyfingers
Olive oil
Qauncale
Red wine vinegar

Remaining

ingredients:

2 lbs large, starchy potatoes
flour
Eggs (5)
Garlic
Onion
Wine for deglazing
Basil
Chili flakes
Salt and pepper
2 pints of strawberries
sugar
2 to 4 servings of your favourite salad greens, washed and dried

Potato Gnocchi with guanciale, chilli flakes and basil

The perfect time to make gnocchi is winter or spring because the fall harvest of potatoes have become starchy. The key to tender gnocchi is to choose the perfect, starchy potato such as a Russet, Yukon gold or those big bakers sold in a regular grocery store. Never try to use a new potato as this would lead to a disaster that would fall apart!

For the sauce

3 Tbsp of olive oil
2 cloves of garlic, finely chopped
1 medium onion, diced
1/4 cup of gaunciale, diced
Chili flakes
2 ounces red or white wine
2 cups of tomato passata
6 leaves of basil
4 Tbsp Parmigiano Reggiano
Salt

1 1/2 pounds boiling potatoes
1 cup all-purpose flour (approx. you may need more for dusting the work surface)
1 egg yolk, beaten

Boil the potatoes, unpeeled in abundant water. (Do not test them too often by puncturing with a fork or they will become waterlogged.) When cooked, drain the potatoes and peel them as soon as they are cool enough to handle. Put the cooked potatoes through a potato ricer, food mill, masher or grater while they are still warm.

Add the egg yolk and most of the flour to the mashed potatoes and knead gently into a smooth mixture. Don't overwork the dough or the gnocchi will be tough. Some potatoes take more flour than others so it is best not to add all the flour at once. Stop adding flour when the mixture is soft, smooth and still slightly sticky. Form a large ball from the mixture and set aside to begin making the gnocchi.

Take a handful of the mixture and roll it into sausage-like rolls about the size of a large thumb, then cut the rolls into 3/4 inch lengths.

Although hard to explain, forming the gnocchi is actually quite easy once you get the hang of it. Place a fork (or use your thumb) in the center of one of the cylinders and roll it towards you a 1/4 to a 1/2 of a turn, which will form an indentation in the gnocchi and give it a slightly plump oval shape. Try to keep your hands dry and free of dough and work as quickly as possible. If a few of the gnocchi end up deformed, they can be re rolled with the next batch. Place the formed gnocchi on lightly floured trays. (they also freeze well for future use)

For the sauce:

In a medium sauce pan, heat the oil on medium heat and add the guanciale. Allow it to heat slowly, rendering the fat and becoming slightly crispy. Remove guanciale, increase the heat and add garlic, onions and a pinch of salt. Sauté until translucent but not brown. Deglaze with the wine and add the passata and a pinch of chili flakes "quanto basta". Cook on medium heat for 20-30 minutes with a lid on. Bring a large pot of water to boil and add salt. Cook the gnocchi in batches by dropping them in quickly but one by one. They will sink at first, but then quickly rise to the surface. When the surface of the water is filled with floating gnocchi remove them with a slotted spoon or wire skimmer and place them in the sauce and toss or stir gently. Add the guanciale and sprinkle the Parmesan and ripped basil on top when you serve.

Special equipment:

Stand mixer or hand mixer
Potato ricer, food mill, potato masher or grater

Strawberry Tiramisu

This version of the Italian classic uses fresh strawberries and their juices instead of coffee

For the compote:

2 cups of fresh or frozen strawberries

1/2 Cup of water

1/4 Cup of sugar

For the Mousse:

4 eggs, separated

2 ounces of dessert wine (optional, or 1 tsp water, 1 tsp lemon juice)

1/2 a Cup of sugar

1 250 gram container of mascarpone cheese

1 cup of whipped cream, whipped to stiff peaks

2 egg whites, whipped to soft peaks

1 package lady fingers

Bring the water and sugar for the compote to a boil. Add the strawberries, turn it off and set aside

Whip the 2 egg whites in the Kitchenaid to firm peaks and set aside

Whip the whipping cream in the Kitchenaid to stiff peaks and set aside

Set up a double boiler, with a pot of simmering water and a stainless bowl that fits on top

Over the simmering water, whisk the egg yolks , dessert wine (or water & lemon juice) and 1/2 Cup of sugar briskly to thicken to the “ribbon stage”. The yolks will turn a light lemon colour at this point a thick “sabayon” or “Zabaglione”

Remove the sabayon from the heat and whisk in the mascarpone, scraping down the sides

Fold in the whipped cream in 2 additions

Fold in the egg whites gently, do not overmix

Moisten the lady fingers in strawberry juice and arrange on top

Pour a layer of the strawberries into a casserole dish

Pour half of the mascarpone mousse on top

Repeat the above, finishing with the second layer of mascarpone

Chill for 6 hours and serve

Chef Mara Jernigan. Long-time chef and cooking teacher, Mara has a wealth of knowledge and a passion for both local food and Italian regional ingredients and cooking techniques gained from her years of guiding culinary tours in Italy. Join us for a fun, on-line, interactive live cook along from Mara's kitchen. For more information on Mara and her culinary tours here: marajernigan.com