

Gli gnocchi di patate sono diffusissimi in tutto il Piemonte, quelli di ricotta, presenti nel Monferrato, sono meno noti ma buonissimi. In questa ricetta, che potremmo considerare una variante di quella degli gnocchi di patate, sono particolari sia la forma tondeggiante sia il condimento profumato ed estivo. Come per tutte le altre ricette di gnocchi, si consiglia di impiegare patate non novelle, sode e a pasta non acquosa (ideale sono quelle quarantine coltivate nelle valli dell'Appennino alessandrino e ligure). Potete usare la ricotta romana di latte vaccino, ma quella più gustosa e tradizionale piemontese è di pecora comunemente chiamata "sirass" o "seirass". Il condimento, oltre a quello a base di formaggi fusi o panna o sughi d'arrosto, adatti alla stagione fredda, in estate si consiglia la preparazione del pesto di basilico alla genovese o il sugo qui proposto che ha come ingredienti erbe aromatiche quali la maggiorana, il basilico, il prezzemolo e un battuto di pinoli.

Potato dumplings known as gnocchi can be found all over Piedmont, but those made with the addition of Ricotta cheese coming from the hilly Monferrato region are not so well known but no less tasty. The recipe which follows, which is an alternative to classic gnocchi, stands out as the shape of the gnocchi tends to be more rounded in addition to the savoury summer sauce which is used to dress them. As with any other gnocchi recipe, it is strongly advised to use firm potatoes with low-water content rather than new ones (the most suitable potatoes are those known as "quarantine" which grow in the valleys of the Appenine hills where Alessandria province and the region of Liguria meet). Roman ricotta made from cow's milk will be more than adequate but the local product known in Piedmontese as "sirass" o "seirass" made from goat's milk honours tradition and is much more tasty. The sauce used for dressing these gnocchi can be made either from melted cheese, cream or roast meat and are ideal for the Winter. The Summer variants can either be Genoese Pesto made from basil and pine nuts or the one outlined here containing the following aromatic herbs: marjoram, basil, parsley and pine nuts.

Gnocchi di patate e ricotta

Potato and ricotta dumplings

INGREDIENTI (per 6 persone)

- 700 g circa di patate non novelle
- 500 g di ricotta possibilmente di pecora
- 4 uova - 100 g di parmigiano - sale
- 150 g di farina più q.b. per infarinare la spianatoia
- Ingredienti per il sugo:
- un mazzetto di basilico
- un mazzetto di prezzemolo
- alcuni rametti di maggiorana fresca
- 3 cucchiari di pinoli sgusciati
- 50 g di parmigiano
- mezzo bicchiere d'olio d'oliva extravergine
- sale e pepe

PREPARAZIONE

Lavate e lessate le patate con la loro buccia in abbondante acqua salata, sbucciatele e passate-

INGREDIENTS (serves 6)

- 700 g of old potatoes
- 500 g of ricotta possibly made from goat's milk
- 4 eggs - 100 g of Parmesan cheese - salt
- 150 g of flour plus some excess for flouring the pastry board
- Ingredients for the sauce:
- a small bunch of basil
- a few sprigs of fresh marjoram
- 3 tablespoonsful of shelled pine nuts
- 50 g of Parmesan cheese
- half a glass of extra virgin olive oil
- salt and pepper

PREPARATION

Clean and then boil the potatoes in their skins in a big pan of salted

water. Peel the potatoes and put them through ta masher. Heap the mashed potatoes on a board, make a well in the centre and place the ricotta cheese mashed with a fork, the eggs, the grated Parmesan, the flour and a pinch of salt inside. Should you so wish, some powdered nutmeg may be added. Mix all the ingredients together so as to form a uniform lump-free dough and leave it to rest for an hour or so. Once the dough is ready, make little balls from it. Each ball should be roughly the same size as a marble and be placed on the board which has been liberally sprinkled with flour. Bring a big pan of salted water to the boil and drop the gnocchi in it. When they come to the surface after a few minutes, remove them with a skimmer. Cover them with the sauce which should be made while the gnocchi dough is resting. The sauce is made by chopping up the aromatic herbs (the amount is a matter of personal choice). Add the roughly chopped pine nuts and put them in a bowl along with the grated Parmesan cheese. The last thing to be added is the oil and everything should be vigorously stirred to produce an even lump-free sauce. Place the gnocchi in a heated serving dish and slowly pour the sauce over them. Should the sauce prove to be too thick, it can be diluted with a tablespoonful of the cooking liquid.

Sempre sulla spianatoia ben infarinata, prelevate piccole quantità d'impasto formando delle palline poco più grandi di una birilla, passatele leggermente sulla superficie infarinata. Portate a bollore, in una capace pentola, abbondante acqua salata e tuffate gli gnocchi facendoli lessare per pochi minuti; quando vengono a galla, prelevateli con una schiumarola e conditeli con il sugo preparato durante il riposo dell'impasto.

Per preparare il condimento, tritate le erbe aromatiche (il dosaggio dipende anche dal vostro gusto personale) unite i pinoli tritati grossolanamente e metteteli in una scodella con il parmigiano grattugiato, aggiungete infine l'olio mescolando bene il pesto. Versate a filo il condimento sugli gnocchi disposti su un vassoio di portata riscaldato e mescolate delicatamente. Se il sugo fosse troppo denso, allungatelo con un cucchiaino d'acqua di cottura.



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- CORTESE
DELL'ALTO MONFERRATO DOC



CARATTERISTICHE NUTRIZIONALI PER PORZIONE NUTRITIONAL INFORMATION PER SERVING

Kcal	
Kcal	578,8
Carboidrati	
Carbs	46,0 g
Proteine	
Protein	28,7g
Grassi	
Fat	32,9 g