Potato Gnocchi

This recipe makes 3-4 cups

Ingredients

2 medium potatoes (skin if desired)
2 tsp salt
2 ½ cups flour
Spices (optional)

Directions:

1. Preheat your oven to 400℉. Bake the whole potatoes for 40 minutes. Let them cool.
2. Mix flour and salt together.
3. Pour the flour onto your work surface, spread it out to a roughly 8" diameter pile and make a well in the middle.
4. Using a potato ricer, rice the potatoes into the flour. Mix and knead with the flour to get a dough, adding flour as needed. You are aiming for a cookie dough consistency. You will likely not use all the flour.
5. Break off pieces and roll out with your hands into about 1" diameter, elongated rolls.
6. Cut the roll into smaller ½" wide pieces.
7. Add gnocchi to boiling water and cook them until they start to float.
8. Remove from water, and place on a parchment lined freeze dryer tray
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 24 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:
In a bowl, add boiling water until the gnocchi are submerged. You can also add them to a boiling pot of water to speed up the rehydration process. Rehydration time depends on the size of the gnocchi you made.

Notes:
Use as little flour as you can to speed up the rehydration. Adding your favorite spices certainly improves the flavor. Try some garlic powder, italian seasoning, or other favorites. You can also serve the gnocchi with things like butter or red sauces.

Nutritional Value Per 1 cup
Calories: 290   Protein: 8 g   Fat: 1 g   Carbohydrates: 62 g   Sugar: 1 g   Fiber: 4 g