

GNOCCHI & POLENTA

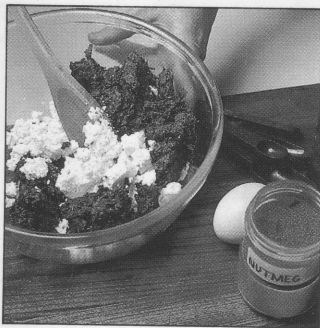
Gnocchi can be served as an entree or part of a main course. Polenta, from northern Italy, is a traditional meal accompaniment.

SPINACH GNOCCHI

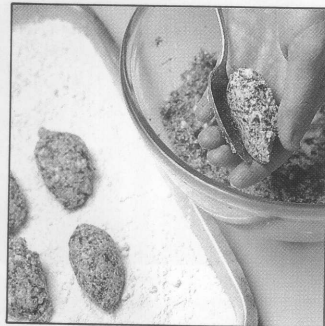
Gnocchi di Spinaci

YOU WILL NEED:

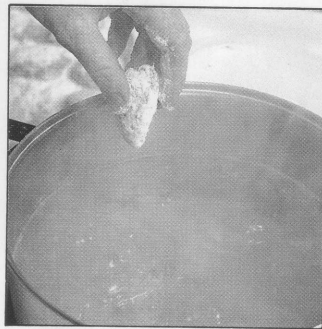
1 bunch spinach, about 8 leaves
250g (8 oz) ricotta cheese
90g (3 oz) parmesan cheese
1 egg
salt, pepper
¼ teaspoon nutmeg
flour
45g (1½ oz) butter



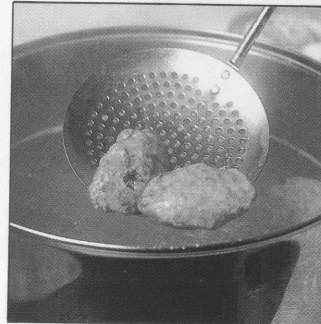
1. Wash and dry spinach, remove white stalks. Cook spinach with very little boiling, in a saucepan with a tightly fitting lid, for 5 minutes. Drain well and chop finely. Combine the spinach, ricotta cheese, half the grated parmesan cheese, egg, salt, pepper and nutmeg in a bowl. Mix well.



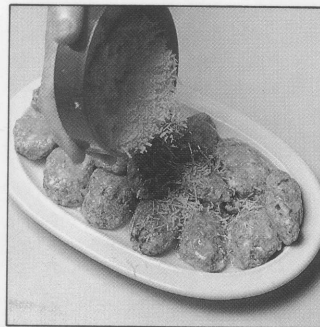
2. Form mixture into balls or egg shapes, using a tablespoon and palm of hand to mould them.



3. Roll Gnocchi lightly in flour. Bring a large pan of salted water to the boil. Drop in Gnocchi, three or four at a time.



4. Simmer gently until the Gnocchi rise to surface, about 1 to 2 minutes. Remove from pan with slotted spoon. Arrange in well-greased ovenproof dish.



5. Melt butter and pour over Gnocchi, sprinkle with remaining grated parmesan cheese. Place under moderately hot grill for a few minutes, until cheese turns golden brown.

Serves 4 to 6 as an entree