



Sweet Peas Gnocchi

This recipe is from our friend Paul James, owner of the exquisite Indian restaurant ooloonthoo in Roatan, Honduras. Paul loves peas more than anyone we know – he even founded the tongue-in-cheek Secret Society of the Pea on facebook, where he posted this delicious recipe. We've converted it from the original metric quantities.

Ingredients

14 ounces sweet peas (petit pois), shucked should weigh about 5½ ounces
7½ ounces potatoes (about two medium size potatoes)
2/3 cup flour
1 egg
Splash of olive oil
Salt to taste

Instructions

1. Peel potatoes and quarter. Put in cold salted water (so they don't turn brown) and simmer on medium heat until fork tender. About 7-10 minutes. Once cooked, drain well, and place on a parchment papered baking sheet. Dry out further in a slow oven (80°C, 150°F) for another 5 minutes to get rid of any excess moisture. Be careful not to brown in oven.
2. Blanch peas in simmering salted water until done, about 4-5 minutes. Refresh under cold water to stop cooking. Drain and purée in a blender. Save a few whole peas for decoration if desired.
3. Put potatoes in a ricer and rice, or mash with a fork. Add pea purée and mix well.
4. Add salt to taste, egg, and flour little by little. Mix well. Add a splash of olive oil. Dough should be a little sticky.
5. Heat a skillet with three inches of water to a slow simmer. Roll dough out on a floured surface into a snake and cut tubes to desired length. Once dumplings float to the surface remove gently remove with a slotted spoon and transfer to an ice water bath. Before removing them from simmering water, it's a wise idea to try one and see if it's done in the middle. Gnocchi can remain in the ice bath for a few minutes without coming apart.
6. Remove gnocchi from ice bath and place on a tray and refrigerate. They will form a slight skin which protects them when reheated.
7. Reheat in a nonstick pan on medium heat with a little olive oil and butter.
8. Garnish with sweet peas and shaved parmesan

Note: Resist the temptation to add more flour. This takes away from the flavor of the gnocchi and makes them tough. If you're having trouble shaping the gnocchi with spoons, try dipping them in warm water first so the dough doesn't stick while forming. Also, you can fill a pastry bag with the dough and slice them into simmering water as you squeeze the dough through the tip.