

# Gluten-Free Potato Gnocchi

<http://thedomesticman.com/2012/10/23/gluten-free-potato-gnocchi>



*3 potatoes, baked, cooled, and peeled  
3/4 cup white rice flour (joshinko)  
1/4 cup sweet rice flour (mochiko)  
2 tbsp tapioca starch  
1 tbsp grated parmesan cheese  
2 eggs  
1/2 tsp ground nutmeg  
1 tsp kosher salt  
1/2 tsp white pepper*

Step one: bake some potatoes. Wash them, poke some holes in them with a fork, rub them down with some olive oil, then sprinkle some kosher salt on them. Bake them for an hour at 350 and they should be good. Let them cool for about an hour before they're ready, but you can take the peel off while they're still hot.

Next, combine your rice flours. I should add that you can probably use coconut flour or almond flour and get a pretty good gnocchi as well. Sprinkle a little of your flour mixture onto a large prep table, or in our case, the dining room table. Using a potato ricer, rice your peeled potatoes. You can use a cheese grater if you don't have a potato ricer.

Make a well in the middle of your potatoes. Crack the eggs and put them in the well, then sprinkle the cheese, tapioca starch, nutmeg, salt, and white pepper around the ring of potatoes. With your fingertips, beat the eggs and then slowly mix them into the potatoes in a circular motion. Add most of the rice flour as you mix everything together, again with just your fingertips. Once everything is well-mixed, start kneading the dough until you have a nice looking little loaf.

Divide the dough into six chunks, then roll each chunk into a nice rope. Cut the rope into small, gnocchi-sized gnocchi. Remember to sprinkle a little flour over everything if it starts to stick. That's it! You should now have a ton of gnocchi.

For best results, place them on a baking sheet with some parchment paper and freeze overnight. Then you can put them in baggies and freeze them for up to six months. To cook the gnocchi, drop them in some boiling, salted water, and fish them out when once they start floating. It should only take a couple of minutes. Next, drain them and toss them with whatever you'd like – butter, pesto, spaghetti sauce (as you can see above), your pick.