



Potato gnocchi with carrot sauce

Ingredients (serves 3-4)

300 g boiled potato
200 g boiled carrot
150 g rice flour
1 egg yolk
Pepper
Extra virgin olive oil
Salt (skip in case of hypertension or fluid retention)

For the carrot sauce:

4 carrots
2 tbsp virgin olive oil
2 tsp grated soft cheese (lactose-free in case of intolerance)
1 garlic clove
1 fresh ginger piece
100 ml water or vegetable stock

Method

1. Boil carrot and potatoes. Strain when fully cooked, mash with a food mill into a bowl.
2. Add the egg yolk, salt, and pepper.
3. Stir until combined. Little by little, add the rice flour until achieving a consistent dough.
4. Make small, elongated pieces (like gnocchi).
5. Boil water in a big saucepan.
6. Add the gnocchi. When they start floating on surface of the water, remove and strain.
7. For the carrot sauce:
 - Peel and cut the carrot into slices and poach slowly with a few drops of olive oil, without excessive browning. If necessary, add a few drops of water.
 - Chop the garlic clove and the ginger and add to the carrot. Poach for five minutes and add the vegetable stock.
 - Remove the ginger, add the cheese, and blend the mixture.
 - Sieve the sauce so it becomes very smooth.
8. Serve with the sauce as a base and the gnocchi on top, with a drizzle of olive oil.

Recommendations

If there are no symptoms of diarrhoea, the gnocchi can be served with other sauces, depending on individual tolerance and/or preference: carbonara, cream, tomato, cheese or pesto sauce, or dressed simply with a drizzle of flavoured extra virgin olive oil.