

GNOCCHETTO DI PATATE



PRIMI PIATTI

preparazione 45 minuti • **cottura** 35 • **esegui** 6 persone • **difficoltà** medio

INGREDIENTI

- GNOCCHI
- 1kg red potatoes
- 180 g. of flour
- 1 egg yolk
- 1 spoon of parmesan cheese
- salt Q.B.
- Pepper Q.B.
- Nutmeg Q.B.

INDICAZIONI

Boil the potatoes with the skin in plenty of water .

When they are cooked , peel and mash the potato masher making them fall on a work surface .

Open the fountain potatoes , add the flour , the egg , a pinch of salt , a pepper and a nutmeg then started to knead . Do not work too hard because the dough will not acquire elasticity. At this point , taken from mixing of the portions just realized and modellateli to form long cylinders of the right diameter for your dumplings . Cut these cylinders in the more or less equal pieces in length , you will in this way prepared your dumplings . Once ready , you can cook the freshly made dumplings , or you can simply blanch and freeze them for use at a later time .

TAGLIATA DI MANZO

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SECONDI PIATTI

preparazione 30 minuti • **cottura** 10 • **esegui** 2 persone • **difficoltà** medio

INGREDIENTI

- 400 g. sir loin beef
- 300g. of rocket
- 50 g. of pine nuts
- 1 spoon of parmesan cheese
- 100 g. cherry tomatoes
- salt Q.B.
- Pepper Q.B.
- Extra virgin olive oil

INDICAZIONI

Cut the beef, salt, pepper and massage with oil, let it marinate in the fridge for at least 30 minutes. Meanwhile, prepare a "pesto" of rocket, mixing together the rocket, pine nuts, parmesan, olive oil and a pinch of salt and pepper.

Prepare a crunchy waffle, put some Parmesan in a pan to warm up and melt, turn and bake for another 30 seconds, remove and cool.

Cook the meat in a very hot pan, 3 minutes per side, finish the baking for another 4 minutes, let it rest for 5 minutes, cut and serve.

Cut the cherry tomatoes and mix with olive oil, salt and pepper.