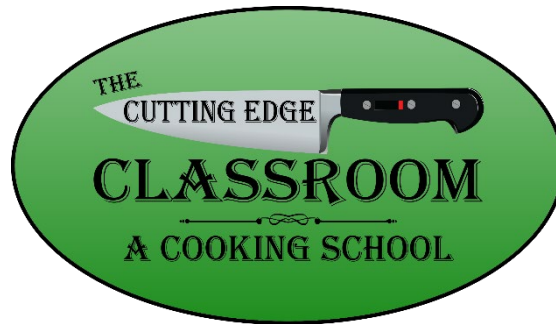


Class Date and Time: 6/30/2021, 12PM-1:30POM ET

Contact Person/Company: AARP

Contact Phone Number: 865-237-5681

Contact Email: tmatthews@aarp.org



Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

The Menu

Gnocchi With brown Butter Sage Sauce

Garlic Bread

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Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- ✓ 1 Tbsp Prosciutto

Produce

- ✓ 1 ½ lb baking potatoes russet baked and held warm

Dairy

- ✓ 1 egg
- ✓ 2 tbsp butter
- ✓ ½ cup parm cheese grated
- ✓ Black pepper

Pantry Items

- ✓ 1 tsp salt
- ✓ ½ tsp baking powder
- ✓ 1/8 tsp white pepper
- ✓ 1/8 tsp nutmeg
- ✓ 1 cup flour

Dry/Canned Goods

- ✓ 1 loaf Italian bread unsliced

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Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ✓ Knife and cutting board

Hand Tools/Gadgets

- ✓ Ricer
- ✓ Spoon
- ✓ Mixing bowl
- ✓ Wooden spoon or spatula
- ✓ Bench scraper
- ✓ Measuring cups and spoons

Cookware

- ✓ Large sauce pan with lid
- ✓ Saute pan

Appliances

- ✓ Stove and oven

Bakeware

- ✓ Baking pan

Other

- ✓

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Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along
- It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor
- **Potatoes should be baked and held warm prior to class starting**

Notes:

- At the end of this class you will have: Gnocchi for 6 and garlic bread
- Storing or freezing: Store cooked gnocchi up to 7 days in refrigerator. Freeze raw gnocchi up to 6 months.

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Gnocchi with Prosciutto and Sage Brown Butter Sauce

Yield: 6 Servings

Ingredients

- 1 1/2 pounds baking potatoes, like russets
- 3/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1 egg
- 1/8 tsp white pepper
- 1/8 tsp nutmeg
- 1 cup unbleached all-purpose flour

Directions

1. Pierce the potatoes several times so that moisture can escape during baking. Bake the potatoes in a preheated 400 degrees F oven for 1 hour until fork tender. Peel the potatoes while they are still hot and press them through a potato ricer. Put the potatoes in a large bowl with salt, baking powder, nutmeg, pepper, and eggs. Add the flour a little at a time and mix with your hands until the mixture forms a rough dough. Do not over-work the dough. Transfer the dough to a lightly floured surface. Gently knead the dough for 1 or 2 minutes until smooth, adding a little bit more flour, if necessary, to keep it from sticking.
2. Break off a piece of the dough and roll it back and forth into a rope, about the thickness of your index finger. Cut the rope into 1-inch pieces. Gently roll each piece down a wooden gnocchi board while pressing a small dimple with your finger. The gnocchi should be slightly curved and marked with ridges. This will allow the pillows to hold sauce when served.
3. Boil the gnocchi in batches in plenty of salted water. The gnocchi are done about 2 minutes after they float to the surface, remove with a slotted spoon, and serve. If not cooking immediately, place the gnocchi in a single layer on a baking pan dusted with flour. Cover with plastic wrap and refrigerate for up to 12 hours.
4. Note: If the gnocchi start to feather and fall apart in boiling water, you need more flour. If the gnocchi don't float after 2 minutes and are hard, you used too much flour.

Brown butter sauce

Ingredients

- 2 tablespoons unsalted butter
- 5 small sage leaves
- 1 Tbsp prosciutto minced
- Parmigiano-Reggiano cheese

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- Freshly ground pepper
- 1 recipe prepared gnocchi

How to Make It

- In a medium skillet, cook the butter with the sage until the butter is fragrant and nutty, about 3 minutes.
- Add the prosciutto.
- Add the simmered gnocchi and cook for 1 minute. Sprinkle the gnocchi with grated Parmigiano-Reggiano cheese and freshly ground pepper.

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