

POTATO GNOCCHI

METHOD

- 01 Steam the Yukon gold potatoes with Miele Steam Oven at 100°C for 40 minutes.
- 02 When done, take out the potatoes and peel. Knead together with egg, flour and salt into a dough.
- 03 Roll the dough into 3cm-width strips. Use a knife to trim the dough strips into 4cm small dough.
- 04 Pat some flour on both hands and shape the dough into gnocchi balls one by one. Then slightly press down the middle of each ball to make a pit.
- 05 Grease a Miele Perforated Steam Container with olive oil. Place the gnocchi on it and steam with the Miele Steam Oven at 100°C for 5 minutes.
- 06 Heat up a pan with medium heat and add olive oil. Then add chopped onion and sauté until soft.
- 07 Pour in white wine and cook until the wine is condensed by half. Then, add the gnocchi and butter and continue to cook for 1-2 minutes. Sprinkle the grated parmesan cheese on top with the chopped Italian parsley.
- 08 Ready to serve.

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INGREDIENTS

| | |
|-------------------|----------|
| Yukon Gold Potato | 4 pcs |
| Egg | 1 pc |
| Plain Flour | 100 g |
| Salt | Moderate |
| Olive Oil | Moderate |

Sauce

| | |
|---------------------------|---------|
| Butter | 40 g |
| Onion (Chopped) | 60 g |
| White Wine | 150 ml |
| Grated Parmesan Cheese | 60 g |
| Olive Oil | 40 ml |
| Italian Parsley (Chopped) | 1 bunch |



Tips

- The duration for steaming the potatoes could be adjusted according to their sizes.
- Kneading the ingredients while the potatoes are still warm could bring out a better taste.
- Miele Steam Oven allows precise control over cooking temperature. Using 100% Puresteam could ensure the potatoes are cooked thoroughly in a moisturized cavity, keeping the sweetness and nutrients of the potatoes for the best result.

1.5 h

2 persons

意式馬鈴薯丸子

做法

- 01 將黃金薯放入 Miele 蒸爐內，以攝氏100度蒸40分鐘。
- 02 完成後取出，先將黃金薯去皮，然後加入雞蛋、麵粉和鹽一起揉成麵糰。
- 03 將麵糰搓成約3厘米粗的長條，然後用刀切開成每4厘米長。
- 04 雙手沾上少量麵粉，用手將麵團搓成丸子狀，然後在每個丸子中間輕按出小窩。
- 05 在 Miele 多孔蒸汽烹調容器上掃上少量橄欖油，放上丸子，再放入 Miele 蒸爐內，以攝氏100度蒸煮5分鐘。
- 06 中火熱鑊後加入橄欖油，然後加入洋蔥碎炒至軟身。
- 07 倒入白酒烹煮，待濃縮至一半分量時，加入黃金薯丸子和牛油煮1-2分鐘，最後灑上巴馬臣芝士碎及已切碎的意大利蕃茜。
- 08 完成後即可享用。

材料

| | |
|------|------|
| 黃金薯 | 4隻 |
| 雞蛋 | 1隻 |
| 中筋麵粉 | 100克 |
| 鹽 | 適量 |
| 橄欖油 | 適量 |

醬汁

| | |
|-----------|-------|
| 牛油 | 40克 |
| 洋蔥（切碎） | 60克 |
| 白酒 | 150毫升 |
| 巴馬臣芝士碎 | 60克 |
| 橄欖油 | 40毫升 |
| 意大利蕃茜（切碎） | 1扎 |



貼士

- 黃金薯的蒸煮時間可因應其大小而作出調整。
- 在黃金薯仍然溫熱時，即加入其他食材揉搓，能使丸子的口感更豐富。
- Miele 蒸爐可準確調節溫度，利用純蒸氣技術以攝氏100度烹煮黃金薯能增加口感，亦能保留馬鈴薯的甘甜，使營養更豐富。

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1.5 小時



2 人份