



with Jason N. Dersch

CLASSIC GNOCCHI

INGREDIENTS:

(2-3 Servings)

- 1lb Russet Potatoes
- 1C AP Flour (plus more for dusting)
- 2 Egg Yolk
- 2t Salt
- Extra Virgin Olive Oil (EV00)



PREPARATION

1. Preheat oven to 350F. Coat potatoes w/ EV00 and Salt, and bake for 1 hour or until tender.
2. When cooked, remove the skin, mash potatoes with a fork in a small bowl, and let cool.
3. Add egg yolks and salt to the potatoes, and mix in flour gradually until a ball forms.
4. Remove the ball from bowl onto a flour-dusted countertop and knead with palms of the hand until a smooth ball is formed, adding flour as needed. (Approx. 3-5 minutes)
5. Boil 3qts of salted water.
6. Cut dough ball into 3-4 equal sections and roll each section into a log approx. 3/4" in diameter.
7. Cut into 1" pieces, dust with flour and set aside.
8. Add gnocchi to boiling water and cook for 2-3 minutes (until all gnocchi float). Strain and add to sauce.

Pro-tip: Fry in butter/EV00 (3-4 mins) after boiling them, to achieve a crispier texture before adding to your sauce of choice*

MUSHROOM SAUCE

Ingredients:

- 12oz Mushrooms, roughly chopped
- 2 Cloves Garlic, minced
- 2T Parsley, chopped
- 1/2C Parmesan, grated (to taste)
- 1C Chicken Stock
- 1/2C Chardonnay
- 1C Heavy Cream
- -1T Butter
- Chopped Chives (for garnish)
- EV00

Instructions:

1. Prep all ingredients as necessary.
2. Over Med heat, toast mushrooms in a sauté pan, NO OIL OR BUTTER, for 3-5 minutes until browned.
3. Add Butter and 1T EV00 to Mushrooms along with Shallots and Garlic. Sauté 2-3 minutes.
4. Deglaze pan with Chardonnay & cook for 1-2 minutes.
5. Add Chicken Stock, Cream and Parm. Simmer until thickened. Season with S&P to taste.
6. Remove from heat and stir in Parsley.
7. Add pasta to sauce and heat through. Plate and garnish



THE RELAXING NATURE OF COOKING IS ANOTHER WELLNESS PRACTICE THE BRBR OFFERS TO HELP VETERANS AND FIRST RESPONDERS CONTINUE THEIR JOURNEY TO POSTTRAUMATIC GROWTH.