

Potato gnocchi with black garlic and salted yolk

By Michael Meredith

30 minutes plus cooling and curing time

3 hours 30 minutes

6-8

Serves



INGREDIENTS

Cured duck yolks (prepare 4 days ahead)

1½ cup salt flakes
1½ cup white sugar
3 duck yolks

Potato gnocchi

1.5 kg Agria potatoes
150 g parmesan, finely
grated
3 egg yolks
100 g corn starch, plus
extra for dusting
2 tbsp olive oil
1 tbsp lemon juice, or to
taste

Potato skins

500 ml grapeseed oil
Reserved potato skins from
potato gnocchi recipe

Black garlic dressing

4 cloves black garlic,
crushed
2 ½ tbsp peanut oil
2 tsp black vinegar
1½ tsp honey

METHOD

Cured duck yolks

1. Combine the salt and sugar together and transfer half the mixture onto a Baking tray. Using a whole egg as a mould, create 3 indentations large enough to fit the duck egg yolk.
2. Place egg yolk gently into each indent and cover the yolks with the remaining salt and sugar mixture. Place in the Refrigerator, uncovered for 4 days.
3. Once firm, remove and clean off the excess mixture.
4. Preheat the oven on Fan Plus at 80°C and bake for approximately 1½ hours to dry out.

Potato gnocchi

1. Wash and dry the potatoes. Select Fan Plus at 160°C, and Bake for 1½ hours, or until tender.
2. Halve the potatoes and scoop the flesh out with a spoon, reserving the skins to fry for the garnish. You will need 1kg of potato flesh for this recipe.
3. Press the cooked potato through a Mouli grater into a bowl and mix in parmesan and egg yolks. Gently fold in flour, being careful not to overmix.
4. Place the mixture into a large vacuum sealing bag and Seal on Vacuum setting 3, Sealing setting 3. Flatten the mixture to 1½ cm thickness.
5. Place the mixture on a Perforated steam tray and Steam at 100°C for 30 minutes. Cool slightly and then place into the fridge cool.
6. When cold, remove from the vacuum sealing bag and cut the gnocchi into 2cm x 3cm rectangles.
7. Heat the oil in a large non-stick frying pan on high heat, Induction setting 8 and fry the gnocchi in 2 batches until golden brown (approximately 3 – 5 minutes), turning occasionally with a flat spatula. Season to taste with the lemon juice.

Potato skins

1. Line a medium-sized bowl with paper towel.
2. Heat the grapeseed oil in a saucepan on medium high heat, Induction setting 7.
3. Add the potato skins, 4 at a time and fry until golden. Remove, drain and place in the paper towel-lined bowl.

Black garlic dressing

1. Mix all the ingredients in a bowl and set aside.

To serve

1. Serve gnocchi drizzled with black garlic dressing, shavings of cured egg yolk, crumbled potato skins, herbs and pea shoots.

Hints and tips

- Gnocchi can be steamed and stored for 1 week in a Refrigerator.
- Dressing will keep for 1 week in the Refrigerator.
- Duck eggs can be substituted with chicken eggs.