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GLUTEN-FREE
Vegan

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Potato and Chestnut Gnocchi with Sautéed Cabbage



In this recipe, as well as in others, I use a special ingredient: carob bean flour, made from ground carob beans, of course. It is used to thicken gluten-free flours, sauces and even ice cream as an alternative to guar gum and xanthin gum. These gums are used in almost all prepared gluten-free flour mixes, but in my opinion their consumption should be limited because they can cause health problems in the long run.

I boil the unpeeled potatoes in a large pot of salted water. When cooked, I peel and mash them while they are still hot. Then I add the flours and mix quickly. Let cool.

In the meantime, I prepare the topping. I chop the leek or onion and let cook with a bit of oil and a few spoonfuls of water in a covered frying pan. Then I add the cabbage, which has been previously washed and cut into thin strips. I add salt and cook with the lid on for about ten minutes. If needed, I add a bit of water.

Returning to the gnocchi dough, I add a bit of rice flour and roll the dough into a cylindrical shape measuring about 1,5 cm in diameter. From the roll, I cut off the small gnocchi measuring between 2-2,5 cm.

Bringing the water to a boil in a large pot with abundant water, I add salt and then place about ten gnocchi at a time in the pot. As soon as they float to the surface, I remove them with a perforated spoon. Then I gently toss them in the pan with the cabbage and a bit of oil before plating them. I then add more of the warm, lightly roasted cabbage and dress with olive oil. I serve while still piping hot.

Serves 4 people

750 g "old" red potatoes

60 g chestnut flour

2 g carob bean flour

2-3 tablespoons rice flour

Salt

Topping

1/2 a cabbage

Extra-virgin olive oil

1 small piece of onion or leek

Salt