

# **KETO LOW-CARB** **GNOCCI AND GNUDI** FOR THE **LOW-CARB FOODIE**

LAZY AND EASY KETO LOW-CARB DUMPLING RECIPES



By Shari MAC



EASY KETO LOW-CARB RECIPES

**KETO LOW-CARB SHARI MAC**

*You Have Everything to Lose*

**GNOCCHI AND GNUDI FOR**

**THE LOW-CARB FOODIE**

Lazy and Easy Low-Carb Dumpling Recipes

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**SADIE DARBY**



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# Preface

Hi, I'm Shari MAC, (formerly Darling).

A little about my background... As Shari Darling, I specialized in wine, food, and the partnership between them. I have written International award-winning and bestselling cookbooks. I conducted wine courses and cooking classes; created wine-related learning tools; and worked as a TV host, keynote speaker, newspaper and magazine food and wine editor, and journalist. My work in sensory science (as it pertains to food and wine pairing) and wine-related books and learning tools are still utilized in colleges and universities across Canada, including George Brown College in Toronto for sommelier and chef training. Suffice it to say; I'm a foodie.

Pursuing a healthier lifestyle to reduce inflammatory pain (from a car accident) became my focus. The Low-Carb diet is believed to reduce inflammatory pain. This is true.

The diets eventually transitioned into a way of life, a path.

I use the word "path" rather than "lazy" because being committed to a healthy, low-carb lifestyle for one's whole life is far from a lazy act. It is a powerful active choice. I also don't believe in undertaking strict diets forever. While dieting may provide quick and needed results, it doesn't mean that the weight will remain gone and it doesn't mean

one is necessarily healthier. Diet restriction often leads to the yo-yo effect. Yo-yo dieting can increase one's body fat percentage – which is at the expense of muscle mass and strength. Yo-yo dieting can also cause fatty liver disease, high blood pressure, diabetes, and heart disease.

Our health is also measured in more than just one way. Being healthy includes the ideas of possessing a healthy body, a healthy brain, a healthy mind, and a healthy spirit. Life is a marathon, not a sprint! I've discovered this through personal experience. At different points in my life, I have dieted to be skinny. My skinny never lasted. I love food far too much! And with this skinny body came an obsessive and neurotic mind and self-serving spirit.

I was skinny, but not healthy.

Being strong and healthy is my priority. Building muscle is essential at every age in our life, especially over age 50.

(As an aside, new research shows that weight lifting into our senior years can reduce the risks of early death by 46%, weight gain, osteoporosis, illness, diabetes, fractures and broken bones due to falls.)

If you are interested in a low-carb path this cookbook is for you! Again, this recipes in this cookbook can be enjoyed if you have reached a desired weight and are living a low-carb lifestyle. The carbs are low. But the recipes will kick you out of ketosis. So reserve these gems until you're ready to live on this. Path.

I choose to share these recipes because dumplings are comfort foods. Comfort foods are often the ones we crave, the high carb dishes that have us stray from our health-related goals.

With this cookbook you can enjoy a plethora of low-carb gnocchi and gnu-di dishes (dumplings), all the while remaining on your Low-Carb path for life.

The recipes are generally low-carb (not for ketosis), gluten-free, grain-free, whole foods, sugar-free, low glycemic, and healthy processed foods in moderation and if needed (sugar-free bacon, Italian cured meats, etc.)

I hope you enjoy making these recipes as much as I enjoyed developing, preparing, and eating them.

Please join our family at our website:



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# INTRODUCTION

## Discovering Gnudi And Gnocchi

**G**nudi pronounced as “nu-dee” are Italian dumplings made from ricotta cheese instead of potato and flour. When properly prepared, these bite-sized morsels are fluffy, ethereal, rich ricotta dumplings.

In Tuscany, these fluffy dumplings are served with browned butter sage sauce, sprinkled with freshly grated Parmigiano-Reggiano or Pecorino Toscano. Outside Tuscany, gnudi are also called “strangolapreti” meaning “priest choker” or “gnocchi di ricotta e spinaci” (ricotta and spinach gnocchi). Gnudi became a popular dish in America when The Spotted Pig Restaurant in New York City prepared their version.

Gnudi and Gnocchi are like Italian brothers, possessing some similarities, but you can tell them apart. Traditionally, gnudi are made without flour, while gnocchi are prepared with durum wheat flour.

Gnocchi, pronounced as “NYOH-kee,” is part of Italy's exquisite cuisine. The word “gnocchi” is believed to derive from the word “nocca”, meaning knuckles. It is also believed to originate from the Lombard word of “knohha”, meaning knot or walnut. All the words imply a small, rounded shape.

According to the Encyclopedia of Pasta by author Oretta Zanini De Vita, gnocchi is considered the ancestor of all noodles. Bartolomeo Scappi (c. 1500 – 13 April 1577) was a famous Italian Renaissance Vatican chef when Michelangelo Buonarroti worked on the Sistine Chapel. In Scappi's cookbook entitled “Opera di Bartolomeo Scappi, mastro dell’arte del cucinare, divisa in sei libri”, and dating back to 1570, Scappi included a gnocchi recipe. This recipe called for the dough to be made with a combination of flour and breadcrumbs mixed with water and pushed through the holes of a cheese grater.

Later in this century gnocchi were made with egg, flour, and water. The dumplings became known as “malfatti” -- meaning “badly made.”

The use of potatoes in gnocchi came into existence around 1834. The recipe called for one part potato to three parts flour. Over time this classic recipe transformed to be mostly potato with flour only used as a binding agent.

Today every northern Italian region has its own gnocchi variation. In Piedmont and Lombardy, pasta lovers enjoy potato gnocchi with butter and Parmigiano-Reggiano. In Verona, potato gnocchi are smothered in tomato sauce. Still further south, on the Sorrento coast, potato gnocchi is baked in the oven with a bright tomato sauce, fresh mozzarella and basil and is known as Gnocchi alla Sorrentina.

Gnocchi takes us back to Sardinia, where old traditions have changed little. Traditionally, in this region the



dumplings were made in the late fall and winter, after the annual pig slaughter. Today they are prepared all year long.

Gnocchiare known as "malloreddus." The word means "small bulls." These gnocchi are considered special because of their tiny size. In the old days the dumplings were made by pressing tiny pieces of dough with the thumb against the bottom of a wicker basket called "ciurili. " Today Italian chefs and cooks use a grooved board.

Gnocchiwork with meat sauces or sauces with the consistency of ricotta. The resulting pasta dish tastes at its best when sprinkled with Parmigiano-Reggiano or Pecorino Romano. Its most famous dish is Gnocchi alla Campidanese, made with tomato, sausage, wild fennel, saffron and the ever-present Sardinian pecorino. Delicious.

# CHAPTER 1

## Low-Carb Gnudi and Gnocchi

### Recipes and Classic Italian Sauces

Your little low-carb Italian dumplings can be prepared with broccoli, pumpkin, spinach, and even avocado! The ingredient you choose will determine the net carbs in the recipe. The key is to add the cheese and/or pureed vegetables to the mixer bowl first, and then slowly add your dough ingredients. This way you can control the moisture content and texture of the dough. Wet vegetables like squash won't require additional water. Drier ingredients like cheese or cauliflower will need some water added to the mixer. Add the pureed vegetable, then the dough, and the water last.

So many ingredients can be added to contribute flavour to the dumpling. Basil, thyme, sage, Italian seasoning, garlic, lemon, capers, and nuts can be incorporated into the dough.

Gnudi is tender, fluffy, and light due to the ricotta cheese. Gnocchi is more dense and chewy.

Here are descriptions and a basic recipe from which to start your culinary creations repertoire:

#### **Classic Ricotta Gnudi:**

Gnudi are more commonly made in northern Italy. Traditionally, this style of dumpling is made with ricotta

cheese, egg, breadcrumbs, nutmeg and sheep's milk cheese. The dough is rolled into little balls and dusted in semolina flour. Gnudi can be oval shaped or almost perfect round dumplings. They are boiled in water and then often fried in butter until golden brown. Gnudi are often served in a rich sage butter with cheese. Nowadays, gnudi can be served with a whole range of different sauces accompanied by vegetables and/or proteins.

### **Low-Carb Ricotta Gnudi:**

Low-carb Gnudi uses whole milk ricotta and super fine blanched almond flour, and spinach, along with other ingredients. Gnudi is supposed to be light and fluffy. By nature almond flour is heavy in texture. Grinding the flour in a food processor or blender helps to lighten it up. You want super fine blanched almond flour.

Some people ask if the almond flour can be replaced with coconut flour, which is lighter. Coconut flour absorbs more water, so you'll probably have to add more water to the dough to get your desired consistency. Also keep in mind that coconut flour is higher in carbs.

When you open the ricotta container, check the wetness. Is the ricotta thick or is it sitting in whey? You want thick ricotta. For ricotta that's not drained, you'll need to drain it first, preferably overnight. Line a colander with cheesecloth and set the colander over a large bowl (to catch the liquid draining from the cheese). Spoon the cheese into the cheesecloth. Place paper towel on top of the cheese. Place a soup can on top of the paper towel. This is to weight down

the cheese to drain more whey. Let it to drain for at least 4 hours or overnight preferred. Once drained measure 1.5 cups needed for the recipe. (Hopefully if you purchase whole milk ricotta, you won't have any issues.). Here is a recipe:



### **Serves 4**

- ✓ 2 cups whole milk ricotta\*
- ✓ 1 cup steamed spinach “drained and dry”
- ✓ 1 cup freshly grated Parmigiano
- ✓ 1 large egg, room temperature
- ✓ 1 egg yolk, room temperature
- ✓ ½ teaspoon xanthan gum
- ✓ 1 cup super fine almond flour (as needed)\*\*

\*If the ricotta is too wet, line a colander with cheesecloth and set the colander over a large bowl (to catch the liquid draining from the cheese). Spoon the cheese into the

cheesecloth. Place paper towel on top of the cheese. Place a soup can on top of the paper towel. This is to weight down the cheese to drain more whey. Let it drain for at least 4 hours or overnight preferred.

**\*\***To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Place your steamed spinach in cheesecloth and squeeze all the liquid out of the spinach so it is also dry.

In a food processor or mixer add ricotta, spinach, Parmigiano, egg, egg yolk and ¼ cup of sifted almond flour. Mix until smooth. Sprinkle about a tablespoon of sifted almond flour over the ricotta mixture and pulse again until just combined. Transfer the mixture to a large bowl. Cover and refrigerate for a half hour.

Dust a rimmed baking sheet with some additional sifted almond flour and using a tablespoon or small cookie scoop, scoop gnudi into approximately two tablespoon (30 gram) portions. Roll into balls (about the size of golf balls) and place them on a cookie sheet lined with parchment and dusted with soft almond flour. Toss or roll gnudi on baking sheet in the flour.

Boil a large pot of water (about 12 cups). Add gnudi and boil until they float to the surface of the water, about three to four minutes. Using a slotted spoon, transfer gnudi to a bowl. Drizzle in a little olive oil. Use as needed.

## **Classic Gnocchi versus Low-Carb Gnocchi:**

Classic gnocchi is prepared with potatoes and flour (and a few other ingredients). It is dense and chewy. The low-carb version here is also dense and chewy without all the carbs. The best gnocchi is called 'fat head' and made using mozzarella cheese to prepare the dough. On the internet you'll find low-carb gnocchi recipes using ricotta. This works. However, a ricotta dumpling is really gnudi not gnocchi.

Gnocchi works with a plethora of other ingredients. In the summer add low-carb (low glycemic) vegetables to your dish, such as asparagus, cauliflower, mushrooms, zucchini, spinach, artichokes, summer squash, leeks, Kohlrabi, bell peppers of every colour, cabbage, kale, Brussels sprouts, tomatoes (in moderation), and eggplant.

Here are a few recipes to consider:

- Sheet-Pan Gnocchi with Asparagus, Leeks, and Peas (optional)
- Gnocchi with Mushrooms and Spinach
- Gnocchi with Mushrooms and Pesto
- Gnocchi with Artichoke and Chicken
- Gnocchi with Brussels Sprouts and Bacon
- Gnocchi with Brussels Sprouts and Kale
- Gnocchi with Roasted Red Pepper Sauce
- Gnocchi with Cabbage and Bacon
- Gnocchi with Sausage, Zucchini and Tomato
- The list is endless...

## Fat Head Gnocchi Recipe

**Serves 4**



- ✓ 2 cups super fine blanched almond flour\*
- ✓ 2 cups shredded mozzarella (not partly skimmed)
- ✓ ¼ cup butter (preferably grass-fed)
- ✓ 1 egg
- ✓ 1 large egg yolk
- ✓ 1 teaspoon olive oil (for water)

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Combine the mozzarella cheese and butter in a medium bowl and microwave for 2 minutes.

Stir, then microwave another minute. Stir vigorously with a rubber spatula until well combined. Let cool 2 minutes. Add egg, egg yolk and almond flour. Continue to

mix until a dough forms, pulling from the sides of the bowl. (Add more super fine almond flour if the dough is still wet.)

Turn out the dough onto a smooth surface (or parchment paper) and knead until a semi-stretchy dough is formed.

Transfer dough to a larger piece of parchment paper on a work surface. Form the dough into a long roll about 1 inch in diameter and then cut pieces about 1/2" wide.

For a true gnocchi shape, hold a fork in one hand and place a gnocchi piece against the tines of the fork. Use your thumb and press in and down the length of the fork. The gnocchi should curl into a slight "C" shape, their backs will capture the impression of the tines as tiny ridges (good for catching sauce). Set each piece of gnocchi on a small plate lined with parchment. Repeat, using all the dough. Note: You don't need to add the fork marks. Sometimes, it's nice to have dumplings without the marks. The choice is yours.

Freeze the gnocchi for 15 minutes to firm them up before cooking. Or freeze them until ready to eat.

Bring a pot of salted water to a gentle boil. Make sure the water is gentle and not vigorous or the gnocchi will fall apart. Add the gnocchi to the water in small batches and boil for 1 – 2 minutes or until floating. Remove the gnocchi with a slotted spoon onto a paper towel lined plate, and cool for 5 minutes before adding to sauce.



## **Cauliflower Gnocchi:**

Cauliflower gnocchi have a subtle taste of cauliflower and therefore work with all the flavours that would normally complement this vegetable. Ingredients that harmonize with cauliflower include apple (remember in moderation), asparagus, bell pepper, bok choy, broccoli, brussels sprouts, , celery, citrus, garlic, lime, lemon, kale, mushrooms, olives, onions, pumpkin, spinach, tomato (in moderation) beef, anchovies, pork, pine nuts, walnuts, seeds, almonds, and tahini.

Herbs and spices which partner with cauliflower are as follows: basil, bay leaf, cardamom, chervil, chives, cilantro, cinnamon, coriander, cumin, dill, garam masala, ginger, marjoram, mint, mustard, nutmeg, oregano, paprika, parsley, saffron, tarragon, thyme, and turmeric.

Dairy products, such as yogurt, cream, milk, blue cheese, cheddar cheese, feta cheese, Gruyère cheese, Parmigiano-Reggiano cheese, browned butter, and butter are all complementary ingredients.

## Cauliflower Gnocchi Recipe

Serves 4



- ✓ 2 ½ cups frozen riced cauliflower, thawed and squeezed dry
- ✓ 1 cup freshly grated Parmigiano
- ✓ 2 egg yolks
- ✓ 1 egg
- ✓ Salt and freshly ground pepper to taste
- ✓ 1 teaspoon xanthan gum
- ✓ ½ cup coconut flour
- ✓ 1 cup shredded mozzarella

Place your thawed, squeezed dried riced cauliflower into a food processor and add remaining ingredients. Pulse until well combined and it forms a dough that pulls away from the sides of the processor.

Place a piece of parchment paper on your work surface. Wet fingers and form a 15-inch-long log. Cut the log in half lengthwise so the width of the dough is ½ inch.

Cut 1-inch pieces from the log, you should be able to make 24 gnocchi. Place them on a parchment lined baking sheet. Using the back side of a fork, roll over the gnocchi to see the fork lines. Freeze for 1 hour or until ready to use.

When ready to cook, heat a medium sized skillet with olive oil and garlic.

From freezer, place no more than 12 gnocchi into the hot skillet.

Sauté just 2 minutes or until browned on each side and heated through. Sprinkle with fresh chopped parsley. Keep gnocchi frozen in an airtight container or ziploc bag until ready to use.

## **ITALIAN PASTA SAUCES**

**Alfredo:** Alfredo di Lelio created Fettuccine Alfredo to appease his pregnant and ill wife who could not eat. The soothing nutmeg, butter and cream tossed with warm fettuccine did the trick. Alfredo then decided to serve this dish in his restaurant in Rome called Alfredo alla Scrofa at Via Della Scrofa (1914).

This simple and rich sauce is made traditionally made with heavy cream, butter, freshly grated Parmigiano-Reggiano, nutmeg and freshly ground black pepper. Ideal for your low-carb lifestyle.

Here is the recipe.



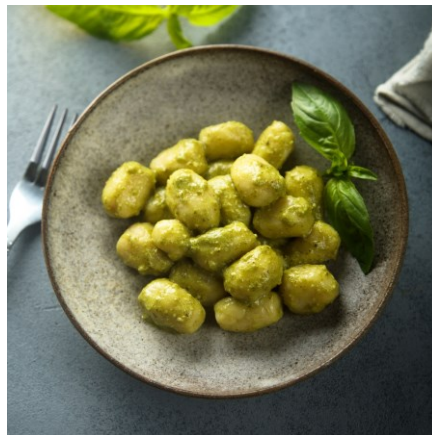
**Serves 4**

- ✓ 1 stick *grass-fed butter*
- ✓ 1 cup *heavy cream*
- ✓ ½ pound *freshly grated Parmigiano*
- ✓ Pinch *ground nutmeg*

- ✓ *¼ cup reserved noodle water*
- ✓ *Freshly ground black pepper*

In a food processor or blender add butter, cream, cheese and nutmeg. Blend until creamy. Transfer mixture to a sauté pan. Heat, stirring constantly. Simmer on low. Make noodles. Drain, leaving some water clinging to noodles. Add noodles to sauté pan. Working quickly, toss gently (so as not to break noodles). Add reserved noodle water if sauce is too thick. Season with freshly ground black pepper to taste. Divide between bowls. Garnish with more cheese if desired.

**Basil Pesto:** Originating in Genoa (the capital city of Liguria, Italy), this sauce traditionally consisted of raw garlic, European pine nuts, coarse salt, basil leaves, Parmigiano-Reggiano and Pecorino Romano cheese with olive oil. The bold flavour and fatty nature of pesto calls out for big, thick noodles. Here is a recipe:



## Serves 4

- ✓ 2 cups packed fresh basil leaves
- ✓ 2 cloves garlic
- ✓ ¼ cup pine nuts
- ✓ 2/3 cup extra-virgin olive oil, divided
- ✓ Sea salt and freshly ground black pepper, to taste
- ✓ ½ cup freshly grated Parmigiano

In a food processor or blender add basil, garlic, pine nuts. Coarsely chop. Add oil and blend until the mixture forms a paste. Transfer the pesto to a large serving bowl and fold in cheese. Transfer pesto to an airtight container. Make noodles. Drain. In a sauté pan over low heat, heat about a quarter cup of pesto. Add noodles. Toss gently (so as not to break noodles). Divide between bowls. Garnish with more cheese if desired.

**Bolognese:** In Italian, Bolognese sauce is “ragu alla Bolognese”, which essentially translates to “meat sauce as it is made in Bologna.” Bolognese is a slow cooked and hearty meat-based sauce that includes a small amount of tomatoes or tomato paste in a rich sauce with meat and other ingredients. It tends to be served on thick pasta, as larger pasta shapes hold meat much better than finer pastas such as capellini. Here is a recipe:



### **Serves 4**

- ✓ *3 tablespoons butter (preferably grass-fed)*
- ✓ *1 medium onion, finely chopped*
- ✓ *2 celery stalks, finely chopped*
- ✓ *1 small carrots, finely chopped (optional)*
- ✓ *1½ pounds ground beef (preferably grass-fed)*
- ✓ *8 ounces ground pork*
- ✓ *Sea salt and freshly ground black pepper to taste*
- ✓ *2½ cups heavy cream*
- ✓ *Pinch grated nutmeg*
- ✓ *1 cup dry white wine (optional)*
- ✓ *2 cups chicken bone broth*
- ✓ *1 (28 ounce) can no-sugar-added crushed tomatoes*

✓ *Chopped fresh basil (for garnish)*

In a sauté pan over medium heat, melt butter. Sauté onion, celery, and carrots. Stir often until tender, about 10 minutes. Add beef, pork, and season with salt and pepper. Cook, stirring and breaking up meat with a fork, until meat has cooked through but not browned, about 8 minutes.

Add milk and nutmeg. Reduce heat to medium-low, and simmer gently until liquid reduces by half and meat is above liquid, 20 to 25 minutes. Add wine, and simmer gently until liquid reduces by half, about 15 minutes.

Add broth and tomatoes. Gently simmer, stirring occasionally, until sauce is thick, 1 1/2 to 2 hours. Season with pepper. Let cool slightly.

If there is too much sauce in pan, remove and store some for future use. Make noodles. Drain, leaving some water clinging to noodles. Divide noodles between bowls. Top with sauce.

**Carbonara:** This classic Roman pasta sauce is typically made with eggs, cured pork such as pancetta or bacon, and grated cheese. The addition of cream is a North American phenomenon, but considered blasphemy for any serious Italian cook! Here is a recipe:





### **Serves 4**

- ✓ *8 ounces sugar-free pancetta, cubed*
- ✓ *3 large eggs*
- ✓  *$\frac{3}{4}$  cup freshly grated Parmigiano*
- ✓  *$\frac{1}{2}$  cup heavy cream*
- ✓ *Sea salt and freshly ground black pepper to taste*

In a sauté pan over medium heat, fry pancetta until crispy. Drain on paper towel. Set aside. In a large bowl whisk together eggs, cheese, and cream.

Make noodles. Drain, leaving some water clinging to noodles. Working quickly, add hot noodles to egg mixture. Add bacon; season with salt and pepper, and toss gently (do as not to break noodles). Divide between bowls. Garnish with more cheese.

**Clam Sauce Rendition:** Clam sauce is usually served over linguine. The two most popular varieties are white, usually

featuring minced clams, olive oil, garlic, lemon juice and Italian flat leafed parsley. The red sauce combines a thin tomato sauce with minced clams. Here is a recipe:

#### **Serve 4**

- ✓ *2 tablespoons olive oil*
- ✓ *3 cloves garlic, minced*
- ✓ *1/3 cup finely chopped shallots*
- ✓ *Pinch red pepper flakes*
- ✓ *1/4 cup dry white wine (optional)*
- ✓ *1 cup bottled clam juice*
- ✓ *4 pounds clams, in shell, scrubbed*
- ✓ *Sea salt and freshly ground black pepper to taste*

In a sauté pan over medium heat, heat oil. Add garlic, shallot, and red-pepper flakes. Sauté for about 4 minutes. Add wine; bring to a boil, scraping up browned bits. Add clam juice; return to a boil. Add clams, cover, and cook just until they open, about 5 minutes. (Start checking after 4 minutes, and discard any clams that do not open after about 6 minutes.) Remove clams from pan. Set aside. Make noodles. Drain, leaving some water sticking to noodles. Add noodles to sauté pan. Gently toss (so as not to break noodles. Season with salt and pepper. Divide between bowls. Using tongs add clams to each bowl. Garnish with parsley.

**Puttanesca:** Many saucy Italian folk tales surround Puttanesca sauce! In one version a restaurant owner created this sauce for last minute guests arriving to his restaurant just before closing. With not enough of any one ingredient to make a meal, he threw left overs into a pot to make a pasta sauce.

The more popular saucy tale says that “puttana” means whore. Apparently, it was a fast and easy sauce for puttanas to prepare while working long shifts and between clients.

This fragrant sauce combines tomatoes, onions, black olives, anchovies, capers, garlic and oregano, simmered with olive oil. Here is a recipe:

#### **Serves 4**

- ✓ *¼ cup olive oil*
- ✓ *1½ cups of grape tomatoes, quartered*
- ✓ *2 tablespoons capers, rinsed, chopped*
- ✓ *2 anchovy fillets, minced*
- ✓ *1/3 cup of pitted black olives, coarsely chopped*
- ✓ *3 cloves garlic, minced*
- ✓ *Pinch dried oregano*
- ✓ *1 (28 ounce) can no-sugar-added crushed tomatoes*
- ✓ *Sea salt and freshly ground black pepper to taste*

✓ *Fresh chopped basil (for optional garnish)*

In a sauté pan over medium heat, heat oil. Add grape tomatoes, capers, anchovies, olives, and garlic, oregano. Cook until fragrant and tomatoes soften, about 5 minutes. Add tomato puree and season with salt and pepper. Simmer.

If there is too much sauce in pan, remove and store some for future use. Make noodles. Drain, leaving some water clinging to noodles. Working quickly, add noodles to sauté pan and gently toss (so as not to break noodles). Divide between bowls and garnish with fresh basil.

**Spicy Pomodoro:** Translated to “golden apple” this sauce is believed to have landed its name from the first yellow tomatoes to arrive in Italy. Like Marinara, Pomodoro is a basic tomato sauce made of olive oil, garlic, fresh tomatoes, basil and salt. Here is a recipe:



## Serves 4

- ✓ *2 tablespoons extra virgin olive oil, plus more for drizzling*
- ✓ *3 cloves garlic, minced*
- ✓ *Hefty pinch red pepper flakes*
- ✓ *1 tablespoon Swerve granular natural sweetener*
- ✓ *1 (28 ounce) can no-sugar-added crushed tomatoes*
- ✓ *Sea salt and freshly ground black pepper to taste*
- ✓ *3 large basil sprigs, finely chopped*

In a sauté pan over medium heat, heat olive. Add garlic and sauté until aromatic. Add red pepper flakes, sweetener, tomatoes, salt and pepper. Stir. Simmer for 20 minutes. Make noodles. Drain, leaving some water clinging to noodles. Add noodles to sauté pan. Working quickly, gently toss (so as not to break noodles). Divide between bowls and garnish with fresh basil.

**Vodka:** This sauce became popular in the 1970s, when a variation won a national recipe contest in Italy, apparently named Penne Alla Vodka. However, it is also believed the sauce may have become popular long before the 70's. Simple and tasty, it is made with tomato sauce, vodka, Italian herbs and heavy cream.



### **Serves 4**

- ✓ 1 tablespoon butter (preferably grass-fed)
- ✓ 2 shallots, minced
- ✓ 2 cloves garlic, minced
- ✓ Pinch red pepper flakes
- ✓ ½ cup vodka
- ✓ 1 (28-ounce) can no-sugar-added crushed tomatoes
- ✓ 2/3 cup heavy cream
- ✓ ½ cup freshly grated Parmigiano
- ✓ 2 sprigs fresh basil, torn (plus 2 more for garnish)

In a sauté pan over medium heat, melt the butter. Add shallots and sauté, stirring occasionally, until softened, about 3 minutes. Add garlic and red pepper flakes and sauté, stirring another 30 seconds. Remove from the heat and stir in vodka and tomatoes. Season with salt and

pepper. Return pan to low heat and let simmer until the alcohol cooks off, about 7 minutes. Stir in the cream and cook until sauce thickens slightly, about 3 minutes. Fold in cheese and basil. Make noodles. Drain, leaving some water sticking to noodles. Add noodles to sauté pan. Toss gently (so as not to break noodles). Season with salt and pepper. Divide between bowls. Garnish with cheese and basil.

# CHAPTER 2

## Ricotta Gnudi

**Gnudi with Olive Oil, Garlic, and Mozzarella**

**Serves 4**



### **Gnudi:**

- ✓ *1 teaspoon olive oil (for boiling)*
- ✓ *2 ¼ cups whole milk ricotta cheese*
- ✓ *1 egg plus 1 yolk, whisked together*
- ✓ *1 cup freshly grated Parmigiano*
- ✓ *Zest of 1 small lemon*
- ✓ *½ teaspoon salt*
- ✓ *Freshly ground black pepper to taste*
- ✓ *½ cup super fine blanched almond flour\**



✓ *Super fine blanched almond flour for dusting*

**Sauce:**

✓ *2 tablespoons olive oil*

✓ *4 cloves garlic, minced*

✓ *1 cup grated mozzarella*

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

In a pot bring 16 cups of water plus 1 teaspoon of olive oil to a boil.

To make gnudi, place ricotta in cheese cloth and wring out excess moisture. You should be left with 2 cups of ricotta left.

Place drained ricotta in a large bowl and add eggs, Parmigiano, lemon zest, salt and pepper. Fold in the super fine blanched almond flour until just combined.

Liberal dust a small baking sheet with more super fine blanched almond flour. Use a 1 ½-ounce ice cream scoop to portion out the gnudi. Set each gnudi on a baking sheet lined with parchment. Repeat process until all dough is used. Cover with plastic wrap and set in the refrigerator for 2 hours.

Dust the tops of the gnudi and your hands with more super fine blanched almond flour. Roll the gnudi into even balls. Gently drop the gnudi into the boiling water

and cook until they float to the top, about 3-4 minutes. Set aside.

In a non-stick sauté pan over medium heat, heat olive oil. Add garlic. Sauté until garlic is aromatic. Add gnudi. Gently toss to coat and heat through. Add mozzarella. Toss until mozzarella is melted. Divide between bowls. Serve hot.

### **Gnudi with Butter, Lemon, and Ricotta**

**Serves 4**

#### **Gnudi:**

- ✓ *1 teaspoon olive oil (for boiling)*
- ✓ *2 ¼ cups whole milk ricotta cheese*
- ✓ *1 egg plus 1 yolk, whisked together*
- ✓ *1 cup freshly grated Parmigiano*
- ✓ *Zest of 1 small lemon*
- ✓ *½ teaspoon salt*
- ✓ *Freshly ground black pepper to taste*
- ✓ *½ cup super fine blanched almond flour\**
- ✓ *Super fine blanched almond flour for dusting*

#### **Sauce:**

- ✓ *1 lemon*
- ✓ *2 tablespoons salt*

- ✓ *¼ cup butter (preferably grass-fed)*
- ✓ *½ cup whole milk ricotta*
- ✓ *3 tablespoons chopped fresh basil*
- ✓ *Sea salt to taste*
- ✓ *Freshly ground black pepper to taste*

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

In a pot bring 16 cups of water plus 1 teaspoon of olive oil to a boil.

To make gnudi, place ricotta in cheese cloth and wring out excess moisture. You should be left with 2 cups of ricotta left.

Place drained ricotta in a large bowl and add eggs, Parmigiano, lemon zest, salt and pepper. Fold in the super fine blanched almond flour until just combined.

Liberally dust a small baking sheet with more super fine blanched almond flour.

Use a 1 ½-ounce ice cream scoop to portion out the gnudi. Set each gnudi on a baking sheet lined with parchment. Repeat process until all dough is used. Cover with plastic wrap and set in the refrigerator for 2 hours.

Dust the tops of the gnudi and your hands with more super fine blanched almond flour. Roll the gnudi into even

balls. Gently drop the gnudi into the boiling water and cook until they float to the top, about 3-4 minutes. Set aside.

In a pot bring 3 cups of water to a boil. Add salt and whole lemon. Boil for 15 minutes. Remove lemon and reserve.

Meanwhile, in a sauté pan over low heat, melt butter and cook until slightly browned. Cut the lemon into four wedges. Remove the pulp from one wedge. Cut the peel into thin strips and place the lemon strips into the melted butter. Sauté for 2 minutes.

Pour the lemon butter over gnudi. Divide between bowls. Garnish each bowl with a dollop of ricotta cheese and fresh basil.

(Store the remainder of the lemon wedges for another use)

## **Fried Gnudi with Tomatoes and Olives**

**Serves 4**

### **Gnudi:**

- ✓ *1 teaspoon olive oil (for boiling)*
- ✓ *2 ¼ cups whole milk ricotta cheese*
- ✓ *1 egg plus 1 yolk, whisked together*
- ✓ *1 cup freshly grated Parmigiano*
- ✓ *Zest of 1 small lemon*

- ✓ *½ teaspoon salt*
- ✓ *Freshly ground black pepper to taste*
- ✓ *½ cup super fine blanched almond flour\**
- ✓ *Super fine blanched almond flour for dusting*

**Sauce:**

- ✓ *1 tablespoon olive oil*
- ✓ *Pinch of dried, crushed chilli*
- ✓ *3 clove garlic, crushed*
- ✓ *½ cup sun-dried tomatoes (in oil), chopped*
- ✓ *½ cup chopped, pitted black olives*
- ✓ *Zest of ½ a lemon*
- ✓ *1 cup fresh basil leaves, torn*
- ✓ *1 cup freshly grated Parmigiano*
- ✓ *Extra virgin olive oil, for drizzling (optional for garnish)*

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

In a pot bring 16 cups of water plus 1 teaspoon of olive oil to a boil.

To make gnudi, place ricotta in cheese cloth and wring out excess moisture. You should be left with 2 cups of ricotta left.

Place drained ricotta in a large bowl and add eggs, Parmigiano, lemon zest, salt and pepper. Fold in the super fine blanched almond flour until just combined.

Liberally dust a small baking sheet with more super fine blanched almond flour.

Use a 1 ½-ounce ice cream scoop to portion out the gnudi. Set each gnudi on a baking sheet lined with parchment. Repeat process until all dough is used. Cover with plastic wrap and set in the refrigerator for 2 hours.

Dust the tops of the gnudi and your hands with more super fine blanched almond flour. Roll the gnudi into even balls. Gently drop the gnudi into the boiling water and cook until they float to the top, about 3-4 minutes. Set aside.

In a frying pan over medium heat, heat oil. Add chili and garlic. Sauté for 1 minute. Add the gnudi, and toss, stirring occasionally, for about 5-7 minutes, or until slightly golden. Add the tomatoes, olives, lemon zest and basil and cook for a further 1-2 minutes.

Divide between bowls. Garnish with Parmigiano if desired. Drizzle with olive oil.

## Gnudi with Butter and Sage

Serves 4



### Gnudi:

- ✓ 1 teaspoon olive oil (for boiling)
- ✓ 2 ¼ cups whole milk ricotta cheese
- ✓ 1 egg plus 1 yolk, whisked together
- ✓ 1 cup freshly grated Parmigiano
- ✓ Zest of 1 small lemon
- ✓ ½ teaspoon salt
- ✓ Freshly ground black pepper to taste
- ✓ ½ cup super fine blanched almond flour\*
- ✓ Super fine blanched almond flour for dusting

## Sauce:

- ✓ *1/4 cup butter (preferably grass-fed)*
- ✓ *12 fresh sage leaves*
- ✓ *Freshly ground black pepper to taste*
- ✓ *1 cup freshly grated Parmigiano*

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

In a pot bring 16 cups of water plus 1 teaspoon of olive oil to a boil.

To make gnudi, place ricotta in cheese cloth and wring out excess moisture. You should be left with 2 cups of ricotta left.

Place drained ricotta in a large bowl and add eggs, Parmigiano, lemon zest, salt and pepper. Fold in the super fine blanched almond flour until just combined.

Liberally dust a small baking sheet with more super fine blanched almond flour.

Use a 1 ½-ounce ice cream scoop to portion out the gnudi. Set each gnudi on a baking sheet lined with parchment. Repeat process until all dough is used. Cover with plastic wrap and set in the refrigerator for 2 hours.

Dust the tops of the gnudi and your hands with more super fine blanched almond flour. Roll the gnudi into even



balls. Gently drop the gnudi into the boiling water and cook until they float to the top, about 3-4 minutes. Set aside.

Melt butter in a large frying pan over medium heat. Add sage leaves and cook about 5 minutes or until butter is browned. Add gnudi. Gently toss and cook about 5 minutes or until gnudi are heated through, lowering heat so butter doesn't over-brown. Divide among 6 bowls. Garnish with pepper and additional Parmigiano if desired.

## Gnudi with Buttery Peas and Parmigiano

**Serves 4**

### **Gnudi:**

- ✓ *1 teaspoon olive oil (for boiling)*
- ✓ *2 ¼ cups whole milk ricotta cheese*
- ✓ *1 egg plus 1 yolk, whisked together*
- ✓ *1 cup freshly grated Parmigiano*
- ✓ *Zest of 1 small lemon*
- ✓ *½ teaspoon salt*
- ✓ *Freshly ground black pepper to taste*
- ✓ *½ cup super fine blanched almond flour\**
- ✓ *Super fine blanched almond flour for dusting*

### **Sauce:**

- ✓ *½ cup butter (preferably grass-fed)*
- ✓ *12 sage leaves*
- ✓ *3 cups frozen baby peas*
- ✓ *2 tablespoons heavy cream*
- ✓ *1 tablespoon fresh lemon juice*
- ✓ *1 cup freshly grated Parmigiano*

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

In a pot bring 16 cups of water plus 1 teaspoon of olive oil to a boil.

To make gnudi, place ricotta in cheese cloth and wring out excess moisture. You should be left with 2 cups of ricotta left.

Place drained ricotta in a large bowl and add eggs, Parmigiano, lemon zest, salt and pepper. Fold in the super fine blanched almond flour until just combined.

Liberal dust a small baking sheet with more super fine blanched almond flour.

Use a 1 ½-ounce ice cream scoop to portion out the gnudi. Set each gnudi on a baking sheet lined with parchment. Repeat process until all dough is used. Cover with plastic wrap and set in the refrigerator for 2 hours.

Dust the tops of the gnudi and your hands with more super fine blanched almond flour. Roll the gnudi into even balls. Gently drop the gnudi into the boiling water and cook until they float to the top, about 3-4 minutes. Set aside.

In a sauté pan melt butter over medium heat. Add sage leaves. Remove from the heat just as the butter starts to brown.

Bring a small pot of salted water to a boil and add the frozen peas. Simmer for 2 minutes until tender. Drain peas

and transfer to a food processor. Add cream and lemon juice to the peas. Process until almost smooth.

Add sauce to the melted butter/sage in the sauté pan and stir to combine. Heat on low, stirring constantly. Add gnudi. Toss to coat well and heat through. Divide between plates. Garnish with Parmigiano (optional).

### **Gnudi with Sausage and Porcini Ragu**

**Serves 4**

#### **Gnudi:**

- ✓ *1 teaspoon olive oil (for boiling)*
- ✓ *2 ¼ cups whole milk ricotta cheese*
- ✓ *1 egg plus 1 yolk, whisked together*
- ✓ *1 cup freshly grated Parmigiano*
- ✓ *Zest of 1 small lemon*
- ✓ *½ teaspoon salt*
- ✓ *Freshly ground black pepper to taste*
- ✓ *½ cup super fine blanched almond flour\**
- ✓ *Super fine blanched almond flour for dusting*

#### **Ragu:**

- ✓ *3 ounces dried porcini mushrooms*
- ✓ *2 tablespoons extra virgin olive oil*

- ✓ 1 onion, diced
- ✓ 4 cloves garlic, chopped
- ✓ 1 pound sweet fennel Italian sausage, casings removed
- ✓ 3/4 cup canned no-sugar-added plum tomatoes, puréed
- ✓ 1 cup chicken stock (bone broth)
- ✓ ½ teaspoon crushed red pepper flakes
- ✓ 1 cup freshly grated Parmigiano

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

In a pot bring 16 cups of water plus 1 teaspoon of olive oil to a boil.

To make gnudi, place ricotta in cheese cloth and wring out excess moisture. You should be left with 2 cups of ricotta left.

Place drained ricotta in a large bowl and add eggs, Parmigiano, lemon zest, salt and pepper. Fold in the super fine blanched almond flour until just combined.

Liberal dust a small baking sheet with more super fine blanched almond flour.

Use a 1 ½-ounce ice cream scoop to portion out the gnudi. Set each gnudi on a baking sheet lined with parchment. Repeat process until all dough is used. Cover with plastic wrap and set in the refrigerator for 2 hours.

Dust the tops of the gnudi and your hands with more super fine blanched almond flour. Roll the gnudi into even balls. Gently drop the gnudi into the boiling water and cook until they float to the top, about 3-4 minutes. Set aside.

Cover dried porcini mushrooms with enough hot water to cover by 1 inch and let soak for 10 minutes. Strain the mushrooms and reserve the liquid. Finely chop the porcini mushrooms and reserve.

In a sauté pan, heat oil over medium heat. Add the diced onion and cook until softened, about 10 minutes.

Add the garlic, and cook until softened, about 3 minutes.

Add the porcini mushrooms and cook for an additional 3 minutes.

Add the sausage and cook until browned, 8-10 minutes.

Add the tomatoes, reserved porcini liquid and chicken stock and cook on medium low heat for 15-20 minutes. Season with salt and chili flakes.

Divide gnudi between bowls. Top with ragu sauce. Garnish with more Parmigiano (optional).

## Baked Gnudi in Puttanesca Sauce

**Serves 4**

### **Gnudi:**

- ✓ 1 teaspoon olive oil (for boiling)
- ✓ 2 ¼ cups whole milk ricotta cheese
- ✓ 1 egg plus 1 yolk, whisked together
- ✓ 1 cup freshly grated Parmigiano
- ✓ Zest of 1 small lemon
- ✓ ½ teaspoon salt
- ✓ Freshly ground black pepper to taste
- ✓ ½ cup super fine blanched almond flour\*
- ✓ Super fine blanched almond flour for dusting

### **Sauce:**

- ✓ ¼ cup olive oil
- ✓ 1½ cup of grape tomatoes, quartered
- ✓ 2 tablespoons capers, rinsed
- ✓ 2 anchovy fillets, minced
- ✓ 1/3 cup of pitted black olives, coarsely chopped
- ✓ 3 cloves garlic, minced
- ✓ Pinch dried oregano

- ✓ 1 (28 ounce) can no-sugar-added crushed tomatoes
- ✓ Sea salt and freshly ground black pepper to taste
- ✓ Fresh chopped basil (for optional garnish)

Preheat oven at 350 F (260 C).

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

In a pot bring 16 cups of water plus 1 teaspoon of olive oil to a boil.

To make gnudi, place ricotta in cheese cloth and wring out excess moisture. You should be left with 2 cups of ricotta left.

Place drained ricotta in a large bowl and add eggs, Parmigiano, lemon zest, salt and pepper. Fold in the super fine blanched almond flour until just combined.

Liberally dust a small baking sheet with more super fine blanched almond flour.

Use a 1 ½-ounce ice cream scoop to portion out the gnudi. Set each gnudi on a baking sheet lined with parchment. Repeat process until all dough is used. Cover with plastic wrap and set in the refrigerator for 2 hours.

Dust the tops of the gnudi and your hands with more super fine blanched almond flour. Roll the gnudi into even balls. Gently drop the gnudi into the boiling water and cook until they float to the top, about 3-4 minutes. Set aside.



In a sauté pan heat oil over medium heat. Add grape tomatoes, capers, anchovies, olives, and garlic, oregano. Cook until fragrant and tomatoes soften, about 5 minutes. Add crushed tomatoes and season with salt and pepper. Simmer for 3 minutes.

Spread some puttanesca sauce on the bottom of a 8 x 6 inch baking dish. Arrange gnudi on top of the sauce. Pour the remaining sauce evenly over the gnudi. Bake for 20 minutes or until heated through. Remove from oven, garnish with fresh basil. Serve immediately.

### **Gnudi with White Asparagus, Sugar Snap Peas, and Pancetta**

**Serves 4**

#### **Gnudi:**

- ✓ 1 teaspoon olive oil (for boiling)
- ✓ 2 ¼ cups whole milk ricotta cheese
- ✓ 1 egg plus 1 yolk, whisked together
- ✓ 1 cup freshly grated Parmigiano
- ✓ Zest of 1 small lemon
- ✓ ½ teaspoon salt
- ✓ Freshly ground black pepper to taste
- ✓ ½ cup super fine blanched almond flour\*
- ✓ Super fine blanched almond flour for dusting

## Sauce:

- ✓ 1 bunch white asparagus, trimmed
- ✓ 1 lemon, juiced
- ✓ 3 ounces extra virgin olive oil
- ✓ 1 sprig fresh tarragon, chopped
- ✓ 2 handfuls of fresh sugar snap peas
- ✓ ½ cup butter (preferable grass-fed)
- ✓ 3 cloves garlic, minced
- ✓ 8 ounces sugar-free pancetta, cut into small pieces
- ✓ Olive oil (drizzle for garnish)
- ✓ 12 fresh basil leaves (for garnish)
- ✓ 1 cup freshly grated Parmigiano

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

In a pot bring 16 cups of water plus 1 teaspoon of olive oil to a boil.

To make gnudi, place ricotta in cheese cloth and wring out excess moisture. You should be left with 2 cups of ricotta left.

Place drained ricotta in a large bowl and add eggs, Parmigiano, lemon zest, salt and pepper. Fold in the super fine blanched almond flour until just combined.

Liberally dust a small baking sheet with more super fine blanched almond flour.

Use a 1 ½-ounce ice cream scoop to portion out the gnudi. Set each gnudi on a baking sheet lined with parchment. Repeat process until all dough is used. Cover with plastic wrap and set in the refrigerator for 2 hours.

Dust the tops of the gnudi and your hands with more super fine blanched almond flour. Roll the gnudi into even balls. Gently drop the gnudi into the boiling water and cook until they float to the top, about 3-4 minutes. Set aside.

In a medium pot, bring 2 cups of water to a boil. Add asparagus and blanch for one minute. Drain and let cool. Slice asparagus diagonally into 1-inch pieces. Drizzle with lemon juice, olive oil, seasonings and chopped tarragon. Reserve.

In a medium pot, bring 2 cups of water to a boil. Add pea pods to boiling water. Cook for 1 minute. Blanch under cold water. Drain and reserve.

In sauté pan melt butter over medium heat and add garlic and pancetta. Cook until pancetta is almost crispy. Add gnudi. Toss, frying gnudi until lightly golden, being careful not to burn them.

Add peas. Toss. Divide mixture between bowls. Top with sliced asparagus. Garnish with a drizzle of olive oil. Sprinkle with fresh basil and Parmigiano..

# CHAPTER 3

## Fat Head Gnocchi

**Fat Head Gnocchi with Asparagus, Tomatoes, Goat Cheese and Cilantro**

**Serves 4**



### **Gnocchi:**

- ✓ 2 cups super fine blanched almond flour\*
- ✓ 2 cups shredded mozzarella (not partly skimmed)
- ✓ ¼ cup butter (preferably grass-fed)
- ✓ 1 egg
- ✓ 1 large egg yolk
- ✓ 1 teaspoon olive oil (for water)

## Sauce:

- ✓ *1 teaspoon olive oil*
- ✓ *1 pound asparagus, cleaned, trimmed and cut into 1" pieces*
- ✓ *1 cup multi-coloured grape tomatoes, halved*
- ✓ *Sea salt and freshly ground black pepper, to taste*
- ✓ *1 tablespoon fresh lemon juice*
- ✓ *½ cup of feta*
- ✓ *½ cup of fresh cilantro (optional for garnish)*
- ✓ *1 tablespoon of lemon zest (optional for garnish)*

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Combine the mozzarella cheese and butter in a medium bowl and microwave for 2 minutes.

Stir, then microwave another minute. Stir vigorously with a rubber spatula until well combined. Let cool 2 minutes. Add egg, egg yolk and almond flour. Continue to mix until a dough forms, pulling from the sides of the bowl. (Add more super fine almond flour if the dough is still wet.)

Turn out the dough onto a smooth surface (or parchment paper) and knead until a semi-stretchy dough is formed.

Transfer dough to a larger piece of parchment paper on a work surface. Form the dough into a long roll about 1 inch in diameter and then cut pieces about 1/2" wide.

For a true gnocchi shape, hold a fork in one hand and place a gnocchi piece against the tines of the fork. Use your thumb and press in and down the length of the fork. The gnocchi should curl into a slight "C" shape, their backs will capture the impression of the tines as tiny ridges (good for catching sauce). Set each piece of gnocchi on a small plate lined with parchment. Repeat, using all the dough. Note: You don't need to add the fork marks. Sometimes, it's nice to have dumplings without the marks. The choice is yours.

Freeze the gnocchi for 15 minutes to firm them up before cooking. Or freeze them until ready to eat.

Bring a pot of salted water to a gentle boil. Make sure the water is gentle and not vigorous or the gnocchi will fall apart. Add the gnocchi to the water in small batches and boil for 1 - 2 minutes or until floating. Remove the gnocchi with a slotted spoon onto a paper towel lined plate, and cool for 5 minutes. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In a saucepan over medium heat, heat oil. Add asparagus. Cook for 5 minutes, turning asparagus to ensure even cooking. Add grape tomatoes. Cook until asparagus and tomatoes are soft, another 5 minutes. Add gnocchi to

pan. Cook, tossing to coat and to heat through, about 3 minutes. Remove from heat. Season with salt and pepper. Fold in lemon juice. Divide between bowls. Garnish with chunks of feta and cilantro.

## Fat Head Gnocchi with Lemon and Chive Pesto

Serves 4

### Gnocchi

- ✓ 2 cups super fine blanched almond flour\*
- ✓ 2 cups shredded mozzarella (not partly skimmed)
- ✓ ¼ cup butter (preferably grass-fed)
- ✓ 1 egg
- ✓ 1 large egg yolk
- ✓ 1 teaspoon olive oil (for water)

### Sauce:

- ✓ 3 cloves garlic, finely chopped
- ✓ small bunch parsley, finely chopped
- ✓ small bunch chives, snipped
- ✓ 2 tablespoons toasted pine nuts, roughly chopped
- ✓ 2 tablespoons freshly grated Parmigiano
- ✓ Zest and juice from 1 lemon
- ✓ 1/4 cup olive oil
- ✓ 1 cup freshly grated Parmigiano

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.



Combine the mozzarella cheese and butter in a medium bowl and microwave for 2 minutes.

Stir, then microwave another minute. Stir vigorously with a rubber spatula until well combined. Let cool 2 minutes. Add egg, egg yolk and almond flour. Continue to mix until a dough forms, pulling from the sides of the bowl. (Add more super fine almond flour if the dough is still wet.)

Turn out the dough onto a smooth surface (or parchment paper) and knead until a semi-stretchy dough is formed.

Transfer dough to a larger piece of parchment paper on a work surface. Form the dough into a long roll about 1 inch in diameter and then cut pieces about 1/2" wide.

For a true gnocchi shape, hold a fork in one hand and place a gnocchi piece against the tines of the fork. Use your thumb and press in and down the length of the fork. The gnocchi should curl into a slight "C" shape, their backs will capture the impression of the tines as tiny ridges (good for catching sauce). Set each piece of gnocchi on a small plate lined with parchment. Repeat, using all the dough. Note: You don't need to add the fork marks. Sometimes, it's nice to have dumplings without the marks. The choice is yours.

Freeze the gnocchi for 15 minutes to firm them up before cooking. Or freeze them until ready to eat.

Bring a pot of salted water to a gentle boil. Make sure the water is gentle and not vigorous or the gnocchi will fall apart. Add the gnocchi to the water in small batches and

boil for 1 – 2 minutes or until floating. Remove the gnocchi with a slotted spoon onto a paper towel lined plate, and cool for 5 minutes. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In a small bowl add garlic, herbs, pine nuts, Parmigiano, and lemon zest in a small bowl, season well, then stir in the olive oil and lemon juice. Add the gnocchi. Toss together. Divide between plates. Garnish with Parmigiano.

## **One Pot Fat Head Gnocchi with Sausage and Kale**

**Serves 4**

### **Gnocchi**

- ✓ 2 cups super fine blanched almond flour\*
- ✓ 2 cups shredded mozzarella (not partly skimmed)
- ✓ ¼ cup butter (preferably grass-fed)
- ✓ 1 egg
- ✓ 1 large egg yolk
- ✓ 1 teaspoon olive oil (for water)

### **Sauce:**

- ✓ 1 tablespoon olive oil
- ✓ 6 pork sausages

- ✓ 1 teaspoon chili flakes
- ✓ 1 teaspoon fennel seeds
- ✓ 2 cups chicken stock (preferably bone broth)
- ✓ 1 cup chopped kale
- ✓ 1 cup freshly grated Parmigiano

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Combine the mozzarella cheese and butter in a medium bowl and microwave for 2 minutes.

Stir, then microwave another minute. Stir vigorously with a rubber spatula until well combined. Let cool 2 minutes. Add egg, egg yolk and almond flour. Continue to mix until a dough forms, pulling from the sides of the bowl. (Add more super fine almond flour if the dough is still wet.)

Turn out the dough onto a smooth surface (or parchment paper) and knead until a semi-stretchy dough is formed.

Transfer dough to a larger piece of parchment paper on a work surface. Form the dough into a long roll about 1 inch in diameter and then cut pieces about 1/2" wide.

For a true gnocchi shape, hold a fork in one hand and place a gnocchi piece against the tines of the fork. Use your thumb and press in and down the length of the fork. The gnocchi should curl into a slight "C" shape, their backs will capture the impression of the tines as tiny ridges (good for

catching sauce). Set each piece of gnocchi on a small plate lined with parchment. Repeat, using all the dough. Note: You don't need to add the fork marks. Sometimes, it's nice to have dumplings without the marks. The choice is yours.

Freeze the gnocchi for 15 minutes to firm them up before cooking. Or freeze them until ready to eat.

Bring a pot of salted water to a gentle boil. Make sure the water is gentle and not vigorous or the gnocchi will fall apart. Add the gnocchi to the water in small batches and boil for 1 – 2 minutes or until floating. Remove the gnocchi with a slotted spoon onto a paper towel lined plate, and cool for 5 minutes. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In a frying pan, on medium heat, heat the oil. Squeeze the sausage meat straight from their casings into the pan. Use the back of a wooden spoon to break the meat up. Sprinkle in the chili flakes and fennel seeds, if using, then fry until the sausage meat is cooked. Add the gnocchi into the pan. Pour in the chicken stock. Once bubbling, cover the pan with a lid and cook for 3 minutes, then add the kale. Cook for 2 minutes more or until the gnocchi are tender and the kale has wilted. Stir in the cheese, then season with black pepper and scatter the crisp sausage meat over the top. Divide between bowls. Garnish with Parmigiano.

## Caesar Salad with Avocado, Bacon and Fat Head Gnocchi

**Serves 4**



### **Gnocchi**

- ✓ 2 cups super fine blanched almond flour\*
- ✓ 2 cups shredded mozzarella (not partly skimmed)
- ✓ ¼ cup butter (preferably grass-fed)
- ✓ 1 egg
- ✓ 1 large egg yolk
- ✓ 1 teaspoon olive oil (for water)

### **Sauce:**

- ✓ 8 slices sugar-free bacon, cut into small pieces
- ✓ 1 teaspoon olive oil
- ✓ 3 cloves garlic
- ✓ 1 teaspoon sea salt

- ✓ 4 anchovy fillets
- ✓ 1 tablespoon freshly squeezed lemon juice
- ✓ ½ teaspoon Dijon mustard
- ✓ 1 large egg yolk
- ✓ ½ cup extra-virgin olive oil
- ✓ 20 ounces romaine lettuce, outer leaves discarded, inner leaves washed and dried.
- ✓ ½ cup freshly grated Parmigiano
- ✓ 2 avocados, sliced
- ✓ Freshly ground black pepper (optional for seasoning)

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Combine the mozzarella cheese and butter in a medium bowl and microwave for 2 minutes.

Stir, then microwave another minute. Stir vigorously with a rubber spatula until well combined. Let cool 2 minutes. Add egg, egg yolk and almond flour. Continue to mix until a dough forms, pulling from the sides of the bowl. (Add more super fine almond flour if the dough is still wet.)

Turn out the dough onto a smooth surface (or parchment paper) and knead until a semi-stretchy dough is formed.

Transfer dough to a larger piece of parchment paper on a work surface. Form the dough into a long roll about 1 inch in diameter and then cut pieces about 1/2" wide.

For a true gnocchi shape, hold a fork in one hand and place a gnocchi piece against the tines of the fork. Use your thumb and press in and down the length of the fork. The gnocchi should curl into a slight "C" shape, their backs will capture the impression of the tines as tiny ridges (good for catching sauce). Set each piece of gnocchi on a small plate lined with parchment. Repeat, using all the dough. Note: You don't need to add the fork marks. Sometimes, it's nice to have dumplings without the marks. The choice is yours.

Freeze the gnocchi for 15 minutes to firm them up before cooking. Or freeze them until ready to eat.

Bring a pot of salted water to a gentle boil. Make sure the water is gentle and not vigorous or the gnocchi will fall apart. Add the gnocchi to the water in small batches and boil for 1 – 2 minutes or until floating. Remove the gnocchi with a slotted spoon onto a paper towel lined plate, and cool for 5 minutes. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In a skillet over medium heat, cook bacon until the fat has rendered, about 7 minutes. Drain bacon on paper towel.

Meanwhile to make Caesar salad, in a small bowl combine garlic, anchovy fillets and salt. Mash garlic and anchovies into a paste. Using a fork, whisk in the lemon juice, mustard, and egg yolk. Whisk in the olive oil. Reserve.

Chop the romaine leaves into 1 1/2-inch pieces. Add to a large bowl. Add gnocchi, bacon, avocado, and cheese. Add dressing and toss. Divide between bowls. Garnish with Parmigiano. Season with black pepper.

### **Fat Head Gnocchi with Green Peas, Cherry Tomatoes and Prosciutto**

**Serves 4**



#### **Gnocchi**

- ✓ 2 cups super fine blanched almond flour\*
- ✓ 2 cups shredded mozzarella (not partly skimmed)
- ✓ ¼ cup butter (preferably grass-fed)
- ✓ 1 egg



- ✓ 1 large egg yolk
- ✓ 1 teaspoon olive oil (for water)

**Sauce:**

- ✓ 1 teaspoon olive oil
- ✓ 1 cup whipping cream
- ✓ 2 cloves garlic, minced
- ✓ 1 cup frozen green peas
- ✓ ½ cup sliced cherry tomatoes
- ✓ 3 tablespoons butter (preferably grass-fed)
- ✓ ¼ lb. sliced prosciutto
- ✓ 1 cup freshly grated Parmigiano
- ✓ Freshly ground black pepper (optional for seasoning)

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Combine the mozzarella cheese and butter in a medium bowl and microwave for 2 minutes.

Stir, then microwave another minute. Stir vigorously with a rubber spatula until well combined. Let cool 2 minutes. Add egg, egg yolk and almond flour. Continue to mix until a dough forms, pulling from the sides of the bowl. (Add more super fine almond flour if the dough is still wet.)

Turn out the dough onto a smooth surface (or parchment paper) and knead until a semi-stretchy dough is formed.

Transfer dough to a larger piece of parchment paper on a work surface. Form the dough into a long roll about 1 inch in diameter and then cut pieces about 1/2" wide.

For a true gnocchi shape, hold a fork in one hand and place a gnocchi piece against the tines of the fork. Use your thumb and press in and down the length of the fork. The gnocchi should curl into a slight "C" shape, their backs will capture the impression of the tines as tiny ridges (good for catching sauce). Set each piece of gnocchi on a small plate lined with parchment. Repeat, using all the dough. Note: You don't need to add the fork marks. Sometimes, it's nice to have dumplings without the marks. The choice is yours.

Freeze the gnocchi for 15 minutes to firm them up before cooking. Or freeze them until ready to eat.

Bring a pot of salted water to a gentle boil. Make sure the water is gentle and not vigorous or the gnocchi will fall apart. Add the gnocchi to the water in small batches and boil for 1 – 2 minutes or until floating. Remove the gnocchi with a slotted spoon onto a paper towel lined plate, and cool for 5 minutes. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

Meanwhile, in a sauté pan over medium heat, heat cream, garlic, frozen peas and cherry tomatoes. Simmer for about 3 minutes. Whisk in butter to incorporate. Add prosciutto (cut into 1/8th-inch strips) and simmer for 5 minutes until all ingredients are tender, warmed-through and well combined.

Add gnocchi to sauce pan and toss together for 2 minutes on medium heat to heat through. Add Parmigiano until sauce melts and is thickened. Season with pepper. Divide pasta between plates. Season with pepper.

## Fat Head Gnocchi with Blue Cheese and Arugula

Serves 4



### Gnocchi

- ✓ 2 cups super fine blanched almond flour\*
- ✓ 2 cups shredded mozzarella (not partly skimmed)
- ✓ ¼ cup butter (preferably grass-fed)
- ✓ 1 egg
- ✓ 1 large egg yolk
- ✓ 1 teaspoon olive oil (for water)

### Sauce:

- ✓ 1 tub mascarpone
- ✓ ½ cup crumbled blue cheese
- ✓ 2 cups fresh arugula
- ✓ ½ cup crumbled blue cheese (garnish)

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Combine the mozzarella cheese and butter in a medium bowl and microwave for 2 minutes.

Stir, then microwave another minute. Stir vigorously with a rubber spatula until well combined. Let cool 2 minutes. Add egg, egg yolk and almond flour. Continue to mix until a dough forms, pulling from the sides of the bowl. (Add more super fine almond flour if the dough is still wet.)

Turn out the dough onto a smooth surface (or parchment paper) and knead until a semi-stretchy dough is formed.

Transfer dough to a larger piece of parchment paper on a work surface. Form the dough into a long roll about 1 inch in diameter and then cut pieces about 1/2" wide.

For a true gnocchi shape, hold a fork in one hand and place a gnocchi piece against the tines of the fork. Use your thumb and press in and down the length of the fork. The gnocchi should curl into a slight "C" shape, their backs will capture the impression of the tines as tiny ridges (good for catching sauce). Set each piece of gnocchi on a small plate lined with parchment. Repeat, using all the dough. Note: You don't need to add the fork marks. Sometimes, it's nice to have dumplings without the marks. The choice is yours.

Freeze the gnocchi for 15 minutes to firm them up before cooking. Or freeze them until ready to eat.

Bring a pot of salted water to a gentle boil. Make sure the water is gentle and not vigorous or the gnocchi will fall apart. Add the gnocchi to the water in small batches and boil for 1 – 2 minutes or until floating. Remove the gnocchi with a slotted spoon onto a paper towel lined plate, and cool for 5 minutes. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

Spoon the mascarpone into a sauté pan. Add the blue cheese and let melt over low heat, stirring constantly. Add gnocchi. Toss until heated through. Divide between plates. Garnish each plate with a handful of arugula and sprinkle with blue cheese.

## **Beef Ragout with Fat Head Gnocchi**

**Serve 4**

### **Gnocchi**

- ✓ 2 cups super fine blanched almond flour\*
- ✓ 2 cups shredded mozzarella (not partly skimmed)
- ✓ ¼ cup butter (preferably grass-fed)
- ✓ 1 egg
- ✓ 1 large egg yolk
- ✓ 1 teaspoon olive oil (for water)

## Sauce:

- ✓ *½ cup olive oil*
- ✓ *1 ¾ cups chopped onions*
- ✓ *3 ounces sugar-free bacon, finely chopped*
- ✓ *2 ounces prosciutto, finely chopped*
- ✓ *3 tablespoons garlic, chopped*
- ✓ *2 pounds ground beef (preferably grass fed)*
- ✓ *Freshly grated Parmigiano (for garnish)*

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Combine the mozzarella cheese and butter in a medium bowl and microwave for 2 minutes.

Stir, then microwave another minute. Stir vigorously with a rubber spatula until well combined. Let cool 2 minutes. Add egg, egg yolk and almond flour. Continue to mix until a dough forms, pulling from the sides of the bowl. (Add more super fine almond flour if the dough is still wet.)

Turn out the dough onto a smooth surface (or parchment paper) and knead until a semi-stretchy dough is formed.

Transfer dough to a larger piece of parchment paper on a work surface. Form the dough into a long roll about 1 inch in diameter and then cut pieces about 1/2" wide.

For a true gnocchi shape, hold a fork in one hand and place a gnocchi piece against the tines of the fork. Use your thumb and press in and down the length of the fork. The gnocchi should curl into a slight "C" shape, their backs will capture the impression of the tines as tiny ridges (good for catching sauce). Set each piece of gnocchi on a small plate lined with parchment. Repeat, using all the dough. Note: You don't need to add the fork marks. Sometimes, it's nice to have dumplings without the marks. The choice is yours.

Freeze the gnocchi for 15 minutes to firm them up before cooking. Or freeze them until ready to eat.

Bring a pot of salted water to a gentle boil. Make sure the water is gentle and not vigorous or the gnocchi will fall apart. Add the gnocchi to the water in small batches and boil for 1 - 2 minutes or until floating. Remove the gnocchi with a slotted spoon onto a paper towel lined plate, and cool for 5 minutes. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In large pot, heat oil over medium heat. Add onions, prosciutto, and garlic and sauté until mixture begins to brown, about 10 minutes. Add ground chuck and cook until no longer pink, breaking up with fork, about 5 minutes. Add 1 cup stock, mushrooms, and sage. Simmer until liquid is almost absorbed, about 4 minutes. Add remaining 3 cups stock, 1 cup at a time, simmering until liquid is almost absorbed before adding more. Mix in tomato paste, then



tomatoes with juice. Simmer until meat is very tender, stirring occasionally and thinning with 1 cup water every 30 minutes, about 1 1/2 hours (sauce will be medium-thick consistency). Keep hot.

Divide between bowls. Ladle ragu on top of dumplings. Garnish with Parmigiano and sage.

# CHAPTER 4

## Cauliflower Gnocchi

**Cauliflower Gnocchi with Butter and Pumpkin Seeds**

**Serves 4**



### **Cauliflower Gnocchi**

- ✓ 2 ½ cups frozen riced cauliflower, thawed and squeezed dry
- ✓ 1 cup freshly grated Parmigiano
- ✓ 2 egg yolks
- ✓ 1 egg
- ✓ Salt and freshly ground pepper to taste
- ✓ 1 teaspoon xanthan gum
- ✓ ½ cup coconut flour

- ✓ 1 cup shredded mozzarella

**Sauce:**

- ✓ ¼ cup butter (preferably grass-fed)
- ✓ ¼ cup of spicy pumpkin seeds
- ✓ Sea salt and freshly ground black pepper to taste

Place your thawed, squeezed dried riced cauliflower into a food processor and add remaining ingredients. Pulse until well combined and it forms a dough that pulls away from the sides of the processor.

Place a piece of parchment paper on your work surface. Wet fingers and form a 15-inch-long log. Cut the log in half lengthwise so the width of the dough is ½ inch.

Cut 1-inch pieces from the log, you should be able to make 24 gnocchi. Place them on a parchment lined baking sheet. Using the back side of a fork, roll over the gnocchi to see the fork lines. Freeze for 1 hour or until ready to use.

When ready to cook, heat a medium sized skillet with olive oil and garlic.

From freezer, place no more than 12 gnocchi into the hot skillet.

Sauté just 2 minutes or until browned on each side and heated through. Keep gnocchi frozen in an airtight container or zip-loc bag until ready to use.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In a sauté pan over medium heat, heat butter. Add gnocchi. Toss gently to heat through. Divide between bowls. Garnish with pumpkin seeds. Season with salt and pepper.

### **Baked Cauliflower Gnocchi with Double Cheese**

**Serves 4**



### **Cauliflower Gnocchi**

- ✓ 2 ½ cups frozen riced cauliflower, thawed and squeezed dry
- ✓ 1 cup freshly grated Parmigiano
- ✓ 2 egg yolks
- ✓ 1 egg
- ✓ Salt and freshly ground pepper to taste

- ✓ 1 teaspoon xanthan gum
- ✓ ½ cup coconut flour
- ✓ 1 cup shredded mozzarella

**Sauce:**

- ✓ 2 tablespoons olive oil
- ✓ 1 cup no-sugar-added tomato sauce
- ✓ ½ cup whole black olives
- ✓ ½ teaspoon dried oregano
- ✓ ½ teaspoon dried basil
- ✓ ¼ teaspoon salt
- ✓ 2 cloves garlic, chopped
- ✓ 1 cup shredded mozzarella
- ✓ 1 cup freshly grated Parmigiano
- ✓ Fresh basil (for garnish)

Place your thawed, squeezed dried riced cauliflower into a food processor and add remaining ingredients. Pulse until well combined and it forms a dough that pulls away from the sides of the processor.

Place a piece of parchment paper on your work surface. Wet fingers and form a 15-inch-long log. Cut the log in half lengthwise so the width of the dough is ½ inch.

Cut 1-inch pieces from the log, you should be able to make 24 gnocchi. Place them on a parchment lined baking sheet. Using the back side of a fork, roll over the gnocchi to see the fork lines. Freeze for 1 hour or until ready to use.

When ready to cook, heat a medium sized skillet with olive oil and garlic.

From freezer, place no more than 12 gnocchi into the hot skillet.

Sauté just 2 minutes or until browned on each side and heated through. Keep gnocchi frozen in an airtight container or zip-loc bag until ready to use.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

Pre-heat oven to 425 F (218 C). Lightly oil an 8 x 6 inch baking dish.

In a medium sized pot, over medium heat, add olive oil, garlic, tomato sauce, olives, oregano, basil, and salt. Stir to combine and cook until thickened (not too thick), approximately 15-20 minutes.

When sauce has thickened add gnocchi and toss gently.

Pour mixture into prepared baking pan.

Top with mozzarella and Parmigiano. Bake in oven for approximately 5 minutes. Serve hot, garnished with fresh basil.

## Cauliflower Gnocchi with 2 Cheeses

Serves 4



### Gnocchi:

- ✓ 2 ½ cups frozen riced cauliflower, thawed and squeezed dry
- ✓ 1 cup freshly grated Parmigiano
- ✓ 2 egg yolks
- ✓ 1 egg
- ✓ Salt and freshly ground pepper to taste
- ✓ 1 teaspoon xanthan gum
- ✓ ½ cup coconut flour
- ✓ 1 cup shredded mozzarella

## Sauce:

- ✓ 2 tablespoons butter (*preferably grass-fed*)
- ✓ 2 cups whipping cream
- ✓ 1 cup of shredded mozzarella
- ✓ Salt and pepper to taste
- ✓ ½ cup of freshly grated Parmigiano
- ✓ Fresh parsley (*for garnish*)

Place your thawed, squeezed dried riced cauliflower into a food processor and add remaining ingredients. Pulse until well combined and it forms a dough that pulls away from the sides of the processor.

Place a piece of parchment paper on your work surface. Wet fingers and form a 15-inch-long log. Cut the log in half lengthwise so the width of the dough is ½ inch.

Cut 1-inch pieces from the log, you should be able to make 24 gnocchi. Place them on a parchment lined baking sheet. Using the back side of a fork, roll over the gnocchi to see the fork lines. Freeze for 1 hour or until ready to use.

When ready to cook, heat a medium sized skillet with olive oil and garlic.

From freezer, place no more than 12 gnocchi into the hot skillet.



Sauté just 2 minutes or until browned on each side and heated through. Sprinkle with fresh chopped parsley. Keep gnocchi frozen in an airtight container or ziploc bag until ready to use. Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In a saucepan over low heat, melt butter. Add cream. Add Mozzarella. Season with salt and pepper. Add gnocchi and toss. Heat through. Divide between plates. Garnish with Parmigiano and fresh parsley.

## Cauliflower Gnocchi with Fresh Tomatoes, Parmigiano and Basil

Serves 4



### Gnocchi:

- ✓ 2 ½ cups frozen riced cauliflower, thawed and squeezed dry
- ✓ 1 cup freshly grated Parmigiano
- ✓ 2 egg yolks
- ✓ 1 egg
- ✓ Salt and freshly ground pepper to taste
- ✓ 1 teaspoon xanthan gum
- ✓ ½ cup coconut flour
- ✓ 1 cup shredded mozzarella

## Sauce:

- ✓ *2 tablespoons extra virgin olive oil*
- ✓ *1 clove garlic, minced*
- ✓ *2 ripe tomatoes, sliced*
- ✓ *1 cup freshly grated Parmigiano*
- ✓ *2 heaping tablespoons fresh basil, chopped (optional for garnish)*

Place your thawed, squeezed dried riced cauliflower into a food processor and add remaining ingredients. Pulse until well combined and it forms a dough that pulls away from the sides of the processor.

Place a piece of parchment paper on your work surface. Wet fingers and form a 15-inch-long log. Cut the log in half lengthwise so the width of the dough is ½ inch.

Cut 1-inch pieces from the log, you should be able to make 24 gnocchi. Place them on a parchment lined baking sheet. Using the back side of a fork, roll over the gnocchi to see the fork lines. Freeze for 1 hour or until ready to use.

When ready to cook, heat a medium sized skillet with olive oil and garlic.

From freezer, place no more than 12 gnocchi into the hot skillet.

Sauté just 2 minutes or until browned on each side and heated through.

Keep gnocchi frozen in an airtight container or zip-loc bag until ready to use. Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add garlic. Sauté until aromatic. Add gnocchi and toss, pan frying until golden. Add tomatoes, and Parmigiano. Toss together. Divide between plates. Garnish with fresh basil.

### **Mac and Cheese Cauliflower Gnocchi with Toasted Walnuts**

**Serves 4**



#### **Gnocchi:**

- ✓ 2 ½ cups frozen riced cauliflower, thawed and squeezed dry
- ✓ 1 cup freshly grated Parmigiano
- ✓ 2 egg yolks
- ✓ 1 egg

- ✓ *Salt and freshly ground pepper to taste*
- ✓ *1 teaspoon xanthan gum*
- ✓ *½ cup coconut flour*
- ✓ *1 cup shredded mozzarella*

**Sauce:**

- ✓ *1 cup whipping cream*
- ✓ *1 teaspoon Dijon mustard*
- ✓ *½ cup shredded Mozzarella*
- ✓ *¼ cup freshly grated Parmigiano*
- ✓ *Toasted Walnuts (optional for garnish)*
- ✓ *Smoked paprika (optional for garnish)*

Place your thawed, squeezed dried riced cauliflower into a food processor and add remaining ingredients. Pulse until well combined and it forms a dough that pulls away from the sides of the processor.

Place a piece of parchment paper on your work surface. Wet fingers and form a 15-inch-long log. Cut the log in half lengthwise so the width of the dough is ½ inch.

Cut 1-inch pieces from the log, you should be able to make 24 gnocchi. Place them on a parchment lined baking sheet. Using the back side of a fork, roll over the gnocchi to see the fork lines. Freeze for 1 hour or until ready to use.

When ready to cook, heat a medium sized skillet with olive oil and garlic. From freezer, place no more than 12 gnocchi into the hot skillet. Sauté just 2 minutes or until browned on each side and heated through.

Keep gnocchi frozen in an airtight container or zip-loc bag until ready to use. Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In a sauté pan, over medium heat, add cream and mustard. When cream is very hot, but not boiling, add Mozzarella, a handful at a time, stirring constantly. When cheese is melted, add gnocchi. Coat well and heat through. Divide gnocchi between bowls. Garnish with Parmigiano, toasted walnuts and smoked paprika.

# CHAPTER 5

## Butternut Squash Gnocchi

**Butternut Squash Gnocchi with Seed Pesto, Toasted Walnuts and Ricotta**

**Serves 4**



### **Seed Pesto:**

- ✓ 2 tablespoons flax seeds
- ✓ 2 tablespoons hemp seed
- ✓ 2 tablespoons chia seeds
- ✓ 2 tablespoons dry roasted unsalted pumpkin seeds
- ✓ 2 tablespoons dry roasted unsalted sunflower seeds
- ✓ 4 cloves garlic
- ✓ 1/2 cup freshly grated Parmigiano

- ✓ 4 cups packed fresh basil leaves
- ✓ ½ cup olive oil (plus more if needed)
- ✓ Freshly ground black pepper to taste

### **Gnocchi:**

- ✓ 1 cup pureed butternut squash
- ✓ 1 cup super fine blanched almond flour (more if needed)\*
- ✓ 3 tbsp oat fiber or psyllium husk powder
- ✓ ½ cup cream cheese
- ✓ ¼ cup freshly grated Parmigiano
- ✓ 1 egg

### **Sauce:**

- ✓ ¼ cup seed pesto
- ✓ ¼ cup ricotta
- ✓ ½ cup of toasted walnut pieces\* (optional for garnish)

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

\*\* To toast walnut pieces, in a dry sauté pan over medium heat, add nuts. Cook for a few minutes until they are toasted, stirring constantly. Remove nuts from pan. Let cool.



### **Seed Pesto:**

In a food processor or blender combine all pesto ingredients, except for the olive oil. Pulse until coarsely chopped. With machine running add 1/2 cup of oil and process until smooth. Add more olive oil for desired consistency. Season with freshly ground black pepper.

Transfer the pesto to a clean container, cover, and refrigerate until needed.

In a large pot bring 16 cups of water and 1 tablespoon of olive oil to a boil.

### **Gnocchi:**

Make gnocchi in a bowl, food processor or mixer. Mixer is easiest. In a bowl combine squash with almond flour, oat fiber, cream cheese, Parmigiano and egg. If the dough is too wet, add more almond flour as needed until firm but not dry. Put the dough in the freezer for about 30 mins.

Coat a plate with a little oil (to keep gnocchi from sticking to the plate). Transfer dough to parchment paper on work surface. Place a little oil on your palms. Take a teaspoon-sized portion of the dough and roll between your oiled palms to form an oval-shaped dumpling. Set gnocchi on plate. Repeat process using up all of the dough.

Boil gnocchi for 4 minutes or until gnocchi float to the water's surface. Remove gnocchi from the boiling water with slotted spoon. Place drained gnocchi in a bowl. Add 1 teaspoon of olive oil to coat. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In a sauté pan over low heat add pesto. Warm. If needed, add more olive oil to pan so that the pesto liquifies. Add gnocchi. Toss until gnocchi are coated and heated through. Divide between bowls. Garnish each with toasted walnut pieces and dollop of Ricotta.

(Store remaining pesto in clean, glass jar and refrigerate. Use for another recipe.)

# Fresh Butternut Squash Gnocchi with Sunflower Seeds

Serves 4



## Gnocchi:

- ✓ 1 cup pureed butternut squash
- ✓ 1 cup super fine blanched almond flour (more if needed)\*
- ✓ 3 tbsp oat fiber or psyllium husk powder
- ✓ ½ cup cream cheese
- ✓ ¼ cup freshly grated Parmigiano
- ✓ 1 egg

## Sauce:

- ✓ ½ cup unsalted butter (preferably grass-fed)
- ✓ ½ cup roasted salted sunflower seeds

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Make gnocchi in a bowl, food processor or mixer. Mixer is easiest. In a bowl combine squash with almond flour, oat fiber, cream cheese, Parmigiano and egg. Put the dough in the freezer for about 30 mins.

Coat a plate with a little oil (to keep gnocchi from sticking to the plate). Transfer dough to parchment paper on work surface. Place a little oil on your palms. Take a teaspoon-sized portion of the dough and roll between your oiled palms to form an oval-shaped dumpling. Set gnocchi on plate. Repeat process using up all of the dough.

Boil gnocchi for 4 minutes or until gnocchi float to the water's surface. Remove gnocchi from the boiling water with slotted spoon. Place drained gnocchi in a bowl. Add 1 teaspoon of olive oil to coat. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In a sauté pan over medium heat, melt butter. Add gnocchi. Toss to coat well and heat through. Divide between bowls. Top with sunflower seeds.

## Butternut Squash Gnocchi in Rosemary Cream

Serves 4



### Gnocchi:

- ✓ 1 cup pureed butternut squash
- ✓ 1 cup super fine blanched almond flour (more if needed)\*
- ✓ 3 tbsp oat fiber or psyllium husk powder
- ✓ ½ cup cream cheese
- ✓ ¼ cup freshly grated Parmigiano
- ✓ 1 egg

### Sauce:

- ✓ ¼ cup unsalted avocado butter
- ✓ 1 tablespoon chopped fresh rosemary
- ✓ 1 cup whipping cream

- ✓ *1/3 cup freshly grated Parmigiano*
- ✓ *Pinch freshly grated nutmeg*
- ✓ *Pinch cayenne pepper*
- ✓ *Sea salt and freshly ground black pepper to taste*
- ✓ *Freshly grated Parmigiano (for garnish)*

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Make gnocchi in a bowl, food processor or mixer. Mixer is easiest. In a bowl combine squash with almond flour, oat fiber, cream cheese, Parmigiano and egg. Put the dough in the freezer for about 30 mins.

Coat a plate with a little oil (to keep gnocchi from sticking to the plate). Transfer dough to parchment paper on work surface. Place a little oil on your palms. Take a teaspoon-sized portion of the dough and roll between your oiled palms to form an oval-shaped dumpling. Set gnocchi on plate. Repeat process using up all of the dough.

Boil gnocchi for 4 minutes or until gnocchi float to the water's surface. Remove gnocchi from the boiling water with slotted spoon. Place drained gnocchi in a bowl. Add 1 teaspoon of olive oil to coat. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

To make the sauce, in a sauté pan over medium heat, melt butter until just brown, about 2-4 minutes. Add the rosemary and cream. Whisk in the Parmigiano, nutmeg, cayenne, and season with salt and pepper. Add gnocchi. Toss to coat gnocchi and heat through. Divide between bowls. Garnish with Parmigiano.

## Butternut Squash Gnocchi with Wild Mushrooms

**Serves 4**

### **Gnocchi:**

- ✓ 1 cup pureed butternut squash
- ✓ 1 cup super fine blanched almond flour (more if needed)\*
- ✓ 3 tbsp oat fiber or psyllium husk powder
- ✓ ½ cup cream cheese
- ✓ ¼ cup freshly grated Parmigiano
- ✓ 1 egg

### **Sauce:**

- ✓ ½ cup butter (preferably grass-fed)
- ✓ 2 shallots, finely chopped
- ✓ 1 cup mixed wild mushrooms, trimmed and chopped
- ✓ 8 fresh sage leaves
- ✓ ¼ cup pumpkin puree
- ✓ 1 cup chicken stock
- ✓ 1 cup whipping cream
- ✓ ¼ cup freshly grated Parmigiano
- ✓ Sea salt and freshly ground black pepper to taste
- ✓ Freshly grated Parmigiano (for garnish)



\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Make gnocchi in a bowl, food processor or mixer. Mixer is easiest. In a bowl combine squash with almond flour, oat fiber, cream cheese, Parmigiano and egg. Put the dough in the freezer for about 30 mins.

Coat a plate with a little oil (to keep gnocchi from sticking to the plate). Transfer dough to parchment paper on work surface. Place a little oil on your palms. Take a teaspoon-sized portion of the dough and roll between your oiled palms to form an oval-shaped dumpling. Set gnocchi on plate. Repeat process using up all of the dough.

Boil gnocchi for 4 minutes or until gnocchi float to the water's surface. Remove gnocchi from the boiling water with slotted spoon. Place drained gnocchi in a bowl. Add 1 teaspoon of olive oil to coat. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

In a sauté pan over medium heat, add butter and shallots and cook until shallots are golden. Add mushrooms and sage. Cook, stirring, for 30 seconds. Add 1/4 cup of pumpkin, chicken stock, heavy cream and Parmigiano. Cook, stirring until heated through. Season with salt and pepper to taste.

Divide gnocchi between bowls. Cover with sauce. Garnish with Parmigiano.

## **Butternut Squash Gnocchi with Salmon, Olives and Onions**

**Serves 4**



### **Dressing:**

- ✓ *1/4 cup olive oil*
- ✓ *2 tablespoons balsamic vinegar*
- ✓ *1/2 teaspoon Dijon Mustard*
- ✓ *1 clove garlic, minced*
- ✓ *Sea salt and freshly ground black pepper to taste*

### **Gnocchi:**

- ✓ *1 cup pureed butternut squash*
- ✓ *1 cup super fine blanched almond flour (more if needed)\**

- ✓ *3 tbsp oat fiber or psyllium husk powder*
- ✓ *½ cup cream cheese*
- ✓ *¼ cup freshly grated Parmigiano*
- ✓ *1 egg*

**Salad:**

- ✓ *1 cup washed mixed greens*
- ✓ *¼ cup pitted black olives*
- ✓ *8 ounces cooked salmon fillets, broken into pieces*
- ✓ *2 tablespoons chopped green onion*

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

To make dressing, combine the olive oil, balsamic vinegar, Dijon mustard, garlic, salt, and black pepper together in a glass jar with a lid. Replace lid on the jar and shake vigorously until thoroughly combined. Set aside.

Make gnocchi in a bowl, food processor or mixer. Mixer is easiest. In a bowl combine squash with almond flour, oat fiber, cream cheese, Parmigiano and egg. Put the dough in the freezer for about 30 mins.

Coat a plate with a little oil (to keep gnocchi from sticking to the plate). Transfer dough to parchment paper on work surface. Place a little oil on your palms. Take a teaspoon-sized portion of the dough and roll between your

oiled palms to form an oval-shaped dumpling. Set gnocchi on plate. Repeat process using up all of the dough.

Boil gnocchi for 4 minutes or until gnocchi float to the water's surface. Remove gnocchi from the boiling water with slotted spoon. Place drained gnocchi in a bowl. Add 1 teaspoon of olive oil to coat. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

To assemble the salad, in a bowl combine gnocchi with mixed greens, olives, salmon pieces, green onion. Drizzle with dressing.

## **Pork Ragu with Butternut Squash Gnocchi**

**Serves 4**

### **Gnocchi:**

- ✓ *1 cup pureed butternut squash*
- ✓ *1 cup super fine blanched almond flour (more if needed)\**
- ✓ *3 tbsp oat fiber or psyllium husk powder*
- ✓ *½ cup cream cheese*
- ✓ *¼ cup freshly grated Parmigiano*
- ✓ *1 egg*

## **Sauce:**

- ✓ *2 pounds pork shoulder*
- ✓ *Sea salt and freshly ground black pepper*
- ✓ *2 tablespoons olive oil*
- ✓ *4 cloves garlic, minced*
- ✓ *2 cups no-sugar-added pasta sauce*
- ✓ *2 cups chicken stock (preferably bone broth)*
- ✓ *1 tablespoon sugar-free apricot jam*
- ✓ *Juice from 1 lemon*

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Make gnocchi in a bowl, food processor or mixer. Mixer is easiest. In a bowl combine squash with almond flour, oat fiber, cream cheese, Parmigiano and egg. Put the dough in the freezer for about 30 mins.

Coat a plate with a little oil (to keep gnocchi from sticking to the plate). Transfer dough to parchment paper on work surface. Place a little oil on your palms. Take a teaspoon-sized portion of the dough and roll between your oiled palms to form an oval-shaped dumpling. Set gnocchi on plate. Repeat process using up all of the dough.

Boil gnocchi for 4 minutes or until gnocchi float to the water's surface. Remove gnocchi from the boiling water

with slotted spoon. Place drained gnocchi in a bowl. Add 1 teaspoon of olive oil to coat. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

Preheat oven to 320 F (160 C). Heat an oven-proof pot on the stove. Season the pork with salt and pepper. Add the oil to the pot and then the pork, fat side down. Brown the pork on all sides. Add all the other ingredients, place the lid on the pot and put in the oven for 2 hours, or until the pork is fork tender. Remove pork from pot and use a fork shred meat.

If the sauce is too thin, boil on high heat to reduce. The sauce should be of stew consistency. Transfer pork back to the pot. Add lemon juice. Keep hot.

Divide gnocchi between plates. Spoon ragu over gnocchi. Serve hot.

## Butternut Squash Gnocchi Gratin with Gorgonzola Dolce

**Serves 4**

### **Gnocchi:**

- ✓ 1 cup pureed butternut squash
- ✓ 1 cup super fine blanched almond flour (more if needed)\*
- ✓ 3 tbsp oat fiber or psyllium husk powder
- ✓ ½ cup cream cheese
- ✓ ¼ cup freshly grated Parmigiano
- ✓ 1 egg

### **Sauce:**

- ✓ 1 cup whipping cream
- ✓ 1 sprig rosemary, finely chopped
- ✓ 2 tablespoons finely grated peeled fresh ginger
- ✓ 2 tablespoons avocado butter
- ✓ ½ cup Gorgonzola Dolce (type of Gorgonzola from Italy)
- ✓ 3 tablespoons coarse almond meal

\*To make super fine blanched almond flour, run the flour through a food processor until it's super fine.

Make gnocchi in a bowl, food processor or mixer. Mixer is easiest. In a bowl combine squash with almond flour, oat

fiber, cream cheese, Parmigiano and egg. Put the dough in the freezer for about 30 mins.

Coat a plate with a little oil (to keep gnocchi from sticking to the plate). Transfer dough to parchment paper on work surface. Place a little oil on your palms. Take a teaspoon-sized portion of the dough and roll between your oiled palms to form an oval-shaped dumpling. Set gnocchi on plate. Repeat process using up all of the dough.

Boil gnocchi for 4 minutes or until gnocchi float to the water's surface. Remove gnocchi from the boiling water with slotted spoon. Place drained gnocchi in a bowl. Add 1 teaspoon of olive oil to coat. Set aside.

Or if you prefer a crispier skin, pan fry your gnocchi. Add a tablespoon of olive oil to a sauté pan. On low heat, add gnocchi and toss, pan frying until golden. Set aside.

To make sauce, in a sauté pan over medium heat, add cream, rosemary, and ginger. Bring to a boil. Remove from heat. Cover and let sit for about 30 minutes. Set aside.

Spread some sauce on the bottom of a 8 x 6 inch baking dish. Arrange gnocchi on top of the sauce. Drizzle the remaining sauce evenly over the gnocchi. Scatter small pieces of blue cheese over the sauce. Sprinkle the almond meal. Bake until the filling is bubbling and the topping is browned, about 25–30 minutes. Serve hot.





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**THE END**