

Gnocco fritto

Deep-fried stuffed pasta

Gnocco fritto is deep-fried stuffed pasta preferably eaten on Sundays in Emilia Romagna.

Ingredients (4 people):

500g flour

1 block of yeast

250ml milk

Salt

500g lard (or butter oil)

3 tablespoons of olive oil

Preparation:

Put flour in a bowl and form a cavity. Heat milk and dissolve yeast in a little cup. Add dissolved yeast, a large pinch of salt, three tablespoons of olive oil and half the milk, and stir until smooth. Add the remaining milk and form a dough ball. Rest the dough for about 2-3 hours.

Roll the dough about half to three quarters of a centimetre thick and cut into squares of six to ten centimetres length. Heat the lard in a pan and fry the dough pieces for 1-2 minutes. Drip off and serve.



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