The Gnocchi Project

Part A: The Sauce

1. Using the classroom resources or computer lab, decide on a sauce that you would like to make for your potato pasta.

2. Create a `shopping list for your sauce and check with your instructor to determine if you have or can get the ingredients for your sauce. You may need to be flexible on this sauce based on availability and budget.

Submission: Sauce Recipe

              Shopping List for sauce.

Part B: The Pasta

1. In the foods lab, you will make gnocchi from scratch, beginning with boiling the potatoes all the way to finishing the gnocchi in the pan with your sauce.

2. You will create a sauce to serve with your gnocchi.

3. You will plate your pasta and sauce and garnish it.

4. Complete the attached foods lab sheet.

Submission: Finished gnocchi and sauce.

              Completed Lab Report.

Part C: The Science

1. Using the ``Living Cookbook`` or a nutritional database and create a nutritional label for your sauce.

2. Compare one serving of your sauce to the PPM 150 guidelines and determine it falls with these guidelines. If not, suggest changes to make it comply.

Submission: Nutritional breakdown for your sauce.

              PPM 150 Comparison between your sauce and the PPM 150 guidelines.