

## Teacher Instructions for the Gnocchi Project

- 1 Introduce students to gnocchi. Many have no idea what it is or may have seen it but do not recognize the name. A general introduction to pasta and then potato based pasta is a good start for this project.
- 2 There is a great set of 5 short videos on gnocchi on MonkeySee.com. It goes through the entire process from start to finish. This is filmed in an industrial kitchen. The whole series of videos is about 25 minutes in length. Alternately, there is a shorter video on Chow Ciao that also looks at making gnocchi in a home kitchen. These videos can be found at:

<http://monkeysee.com/play/4627-italian-recipes-how-to-make-gnocchi>

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<http://ca.shine.yahoo.com/video/chowciao-26835284/the-perfect-gnocchi-28345579.html>

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- 3 Using either classroom resources or in a computer lab have students research a pasta sauce that they feel would be good on the potato gnocchi.
- 4 Students can then prepare the shopping list in collaboration with the instructor based on availability and budget.
- 5 In the foods lab students will prepare the pasta. It takes approx. 20/30 minutes to cook the potatoes in the water so depending on time, this can be done the day before.
- 6 Students will make the gnocchi. Again, depending on time, you may have them freeze the gnocchi and make the pasta and sauce the next class. Gnocchi cooks well from frozen.
- 7 Back in the computer lab for this portion. Students will create a nutrition label for their pasta dish. A good nutritional database if you do not have the "Living Cookbook" program is:  
<http://ndb.nal.usda.gov/>
- 8 Students will then complete project by comparing their pasta and sauce with the PPM 150 guidelines. They can then make adjustments to their recipe and suggestions on how to make their recipe more nutritional.