



## **GNOCCHI PARISIENNE WITH MORNAY SAUCE, SUNDRIED TOMATOES, BRUSSELS SPROUTS & KALE** (serves 6)

Recipe by SPENCER THOMPSON

*1 cup sun dried tomatoes*

*8 Brussels sprouts*

*1 bunch kale*

*1 oz chives, thinly sliced*

*1 Recipe of The Marcs gnocchi Parisienne, completed to step 6 (recipe below)*

*1 Recipe of Jacques Pepin's Mornay sauce (recipe below)*

*2 TBSP oil and 2 TBSP or so of butter for frying gnocchi*

*Extra gruyere cheese to grate over the top of the plate of gnocchi (optional)*

- Soften sundried tomatoes by placing them in a bowl and pouring boiling water from a tea kettle over them. Allow to soak for ten minutes or so, then remove from the water and thinly slice/julienne them.
- Slice each brussels sprout in half, then thinly slice each half, AKA “Shaving” the brussels sprouts, nice and thin.
- Rip the kale off of the stalk of kale, then tear each piece into small bite size pieces.
- Heat a large frying pan, add the oil and butter, once sizzling add the gnocchi and fry them off, until golden brown. Only fry off a batch of this recipe that you’re planning to serve immediately, you can store these ingredients and fry them off later, if not serving a larger group.
- Once you’ve browned the gnocchi, add the brussels sprouts and allow them to cook as well, then the kale and finally the sundried tomatoes.
- Place a ladle of your heated Mornay sauce on a plate and spoon the gnocchi and vegetables overtop of the mornay sauce. Grate a little more gruyere overtop and a sprinkle of chives, then enjoy!

## THE MARC'S GNOCCHI PARISIENNE

1.5 cups water  
3/4 cup butter  
1 TBSP Kosher salt  
2 cups all-purpose flour  
2 TBSP dijon mustard  
1 TBSP Chopped parsley  
1 Tbsp fresh thyme leaves  
1 cup gruyere cheese, grated  
6 large eggs  
Ice water, for cooling gnocchi

- Combine water, butter and salt in a pot. Bring to a boil, add the flour and reduce to low heat. Stir with a wooden spoon, until a film of dough coats the bottom of your pan and the dough is tacky/no longer sticky. Should take approximately 3-4 minutes, stirring constantly.
- Transfer the dough to your stand mixer and beat with the paddle attachment for 4 minutes until it's cooled down slightly. Crack your eggs into a separate container to check for broken shell and add them to the dough, 1 by 1, fully incorporating each egg into the batter and scraping down the sides of the bowl with a spatula. *NOTE: If you don't have a stand mixer, you can allow the dough to cool a little in a bowl, then incorporate the eggs by hand, beating each addition of egg in with a wooden spoon.*
- Mix the cheese, herbs and Dijon mustard into the dough, beating to combine well.
- Place the dough into your piping bag that is fitted with the round piping tip. Chill the dough in your fridge, while you move onto making the other components of your dish.
- Boil a pot of salted water, then holding the piping bag low to the water so as not to splash, squeeze 2-inch gnocchi out of the piping bag and cut each one off with a paring knife.
- Allow the gnocchi to float and cook for approximately three more minutes, until they're light.
- Transfer each gnocchi to a bowl of ice water to chill. This will ensure they have a uniform shape. Remove gnocchi from the ice water and coat lightly with canola oil. Reserve the gnocchi until you're ready to assemble your meal, when you will sear them off with the other ingredients in a pan.

## JACQUES PEPIN'S MORNAY SAUCE

*3 cups whole fat milk  
30 ml butter  
30 ml flour  
½ cup grated gruyere cheese  
Juice of ½ a lemon*

- Scald milk in a small pot or a pan. In another small pot melt the butter and add the flour. Reduce heat to low and cook stirring for about 1 minute, not allowing the mixture to brown at all. Once it's lightly cooked, add in the milk,  $\frac{1}{4}$  at a time, stirring with a whisk until the milk is fully incorporated into the flour, before adding the next addition.
- Cook on low heat, stirring constantly for about 15-20 minutes, season with salt and pepper. This is a bechamel sauce and it's done once it has thickened and you can no longer taste any flour.
- Add the grated gruyere cheese and lemon, adjust the seasoning as necessary.

## EQUIPMENT

Cutting boards and knives, including a paring knife  
Measuring cups and spoons  
Pot for making gnocchi dough  
Large for cooking gnocchi  
Large frying pan for frying gnocchi  
Small pot for scalding milk  
Pot for mornay sauce  
Stand Mixer (recommended equipment)  
Wooden spoon  
Spatula  
Whisk  
Piping bag with a round piping tip (essential equipment)

---

## WINE PAIRING SUGGESTIONS

By KIM THEORET

*"I always encourage shoppers to visit a small boutique wine store, staff are generally excited to make suggestions and share their knowledge. Happy Sipping! Kim"*

## **White Wines**

- Staying with the French theme, reach for Pouilly Fuissé, from Burgundy, France. A rich new world Chardonnay may work here as well, from California, Australia or even British Columbia.
- Verdicchio dei Castelli di Jesi, Marche Italy: Verdicchio is the grape variety, it is usually a rich white, but does also have some refreshing acidity that will play well with the Kale and Brussels sprouts.

## **Red Wine**

- A softer style red, perhaps a Gamay, from Beaujolais or the Loire Valley. Ontario and British Columbia also grow some lovely Gamay.
- An unoaked Grenache could work here as well.