

Tomato & Feta Oat Flour Parisian Gnocchi

Ingredients

- 1 cup oat Parisian gnocchi
- 1 tbsp olive oil
- 3 cloves sliced garlic
- 1 large shallot, quartered
- 1/2 cup cherry/grape sliced tomatoes
- 4 oz Feta (low fat)
- To taste chive
- To taste torn basil leaves

Parisian Gnocchi

- 1 cup | 8 oz water
- 1/2 stick | 2 oz unsalted butter
- 3/4 tsp kosher salt
- 1 ½ cups | 6.62 oz Quaker® Oat Flour
- 3 large eggs
- 2 tbsp chives

How to make it

1. In an oven safe pan, add oil and set to medium-high.
2. Sauté shallots and garlic, stirring and frequently tossing to avoid burning.
3. Add 1 cup of Oat Flour Parisian Gnocchi to the pan and sear. Tossing frequently to get even light browning and avoid burning.
4. Toss in sliced tomatoes and Feta.
5. Place in a 400°F until tomatoes start to blister and Feta starts to brown. (3-4 min)
6. Garnish with basil and chive.
7. Enjoy!

[title]Parisian Gnocchi



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
30 min	20 min	50 min	6

Made with



Quaker® Oat Flour

9. We took inspiration from J. Kenji López-Alt and Serious Eats. We made some changes to the recipe to create an Oat Flour version, but the methods and techniques are the same ones Chef Kenji López-Alt described.
10. Bring water, butter, and salt to a boil in a medium saucepan over high heat. Add all flour and stir with a wooden spoon until a smooth dough forms.
11. Reduce heat to medium-low and stir, beating dough forcefully and rapidly to prevent it from sticking to the pot. Continue cooking until dough pulls away from the sides of the pot, leaving a thin layer, and steams slightly.
12. Remove pot from the heat and beat the mixture with a wooden spoon until homogenous.
13. Add eggs one at a time, beating vigorously with each addition to prevent eggs from curdling and allowing the dough to fully incorporate egg before adding the next one.
14. When the final egg has been added, add herbs and beat to combine.
15. Transfer the mixture to a gallon-sized zipper-lock bag or a pastry bag fitted with a 1/2-inch tip.

[title]Cooking the Oat Flour Parisian Gnocchi:

17. Let mixture rest 15 to 25 minutes at room temperature.
18. Meanwhile, bring a large pot of salted water to a simmer and have a rimmed baking sheet. If using a zipper-lock bag, cut off a 1/2-inch opening in one corner.
19. Holding the bag over the boiling water, squeeze the mixture out of the bag, cutting it off with a paring knife into 1-inch lengths.
20. Let them fall directly into the simmering water. Continue cutting off as many as you can in one minute, then stop.
21. When all gnocchi have floated to the top, continue cooking until gnocchi are fully cooked to the center, about 3 minutes longer.
22. Lift gnocchi with a fine mesh strainer or a metal spider and transfer to a rimmed baking sheet. Drizzle with a little bit of olive oil and toss to coat.

23. Repeat with remaining dough.