



Vegan Parisian Gnocchi

By; Chef Erika Rapp

Parisian gnocchi are lighter than their potato counterpart. They are made with choux paste, the same style of dough that eclairs or beignets are made from. They are perfect to serve with roasted autumn squash, toasted nuts and fall greens

Ingredients

1.5 c Water	Pinch of Nut Meg	1/2 T Sugar
3/4 c coconut oil	Salt & Pepper to taste	Zest of 1 Lemon
2 T Cream Dijon Mustard	5 egg equivalent of egg substitute (preferably follow your heart brand)	
1.5 c AP Flour	4 T minced herbs of choice (chervil, chives, parsley and tarragon)	

Directions

1. Combine the water, coconut oil and Dijon mustard in a medium saucepan and bring to a simmer over medium-high heat. Reduce the heat to medium, add the flour all at once, mix vigorously with a stiff whisk to start then move to a wooden spoon or stiff spatula until the dough pulls away from the sides of the pan and the bottom of the pan is clean, with no dough sticking to it. The dough should be glossy and smooth. (this should 2-5 minutes)
2. Remove from heat and add egg substitute, herbs, salt, pepper and sugar
3. Mix thoroughly. You can use an electric mixer for this or a wooden spoons and elbow grease
4. Place the dough in a large pastry bag fitted with a nickel size opening. Put the bag in the cooler and let sit for at least 1 hour. (you are looking for the coconut oil to solidify or your gnocchi will be mushy)
5. Bring a large pot of lightly salted water to a simmer. Line a baking sheet with paper towels.
6. Once the dough has set up pipe over the simmering water cutting the dough off with a knife once it gets to the desired length (between 1/2 in to 1 inch)
7. First, the gnocchi will sink in the pot. Keep the water temperature hot, but do not boil. Once the gnocchi float to the top, continue cooking for 1 to 2 minutes
8. Remove them with a slotted spoon or skimmer to a paper towel lined sheet pan taste one to test the timing; it may still seem slightly undercooked in the center, but it will be cooked again. Repeat with the remaining dough.
9. When all the gnocchi have drained, place them in a single layer on the parchment-lined baking sheet, cover with plastic wrap, and refrigerate for at least 30 minutes, or up to a day.
10. Once well rested, the gnocchi can be sautéed in coconut oil or vegan butter until caramelized.