

Rosemary Gnocchi Stew

©2010, Scott Duncan

Meatballs

1 lb ground beef
1 clove garlic, grated
2 t salt
½ t pepper
1 t dried sage

¼ t ground allspice
1 T dried parsley
¼ t red pepper flakes
1 egg, beaten
¼ C plain breadcrumbs

Stew

2 T olive oil
2 T butter
1 medium onion, chopped
2 cloves garlic, minced
2 stalks celery, chopped
2 bay leaves

2 T tomato paste
3 ½ C beef stock
2 ½ C water
1 C frozen peas, thawed
Salt & pepper to taste

Gnocchi

2 C all purpose flour
½ t salt
1 t dried thyme

1 t dried rosemary
1 egg, beaten
½ C beef broth

Preheat a soup pot over medium high heat.

In a mixing bowl, combine all of the meatball ingredients, except olive oil and butter. Roll about 2T of meatball mixture at a time into bite sized portions. (*I usually get somewhere around 30 meatballs*).

Add olive oil & butter to pot. Brown meatballs in batches. Remove from pan and reserve.

Add onion, garlic, and celery to pot and sauté until translucent. Add tomato paste and sauté and additional 2-3 minutes. Add beef broth, water, and bay leaves. Salt & pepper to taste. Cover and let simmer for 20 minutes.

Prepare gnocchi while stew simmers: in a separate mixing bowl, combine flour, salt, and dried herbs. Add beaten egg and ½ C beef broth, mix to combine.

Turn dough out onto well-floured surface, rolling out to ½" thickness. Cut into 1"x1" pieces. Cover until ready.

After the stew has simmered for about 20 minutes, add browned meatballs. Once the stew has returned to a simmer, add the gnocchi in 4 or 5 batches. Between additions, gently stir the pot and let stew return to simmer before adding more (*this will keep the gnocchi from sticking to the bottom or to each other*).

Once all of the gnocchi are in the pot, adjust seasonings. Cover and let simmer for an additional 60 minutes. Just before serving, add thawed peas to the pot.

Serves 4

