

The recipe for Gnocchetti Prenestini

A rustic pasta inspired by the Prenestini area



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- 500 g type 0 flour
- 265 ml water (preferably lukewarm)
- 2 tablespoons extra virgin olive oil
- A pinch of salt
- Durum wheat semolina, for dusting



Method

1. On a clean work surface, shape the flour into a mound and make a well in the center.
2. Add the extra virgin olive oil and a pinch of salt. Gradually pour in the water, mixing with your fingers until the flour absorbs all the liquid.
3. Knead the dough vigorously for 7–8 minutes, until smooth and elastic, preventing it from sticking to the surface.
4. Roll the dough with a rolling pin to a thickness of about 1 cm. Brush lightly with extra virgin olive oil, cover with plastic wrap, and let it rest for 15–20 minutes.
5. After resting, cut the dough into strips. Roll each strip by hand to form long, cylindrical strands, slightly thicker than classic spaghetti.
6. Do not flour the work surface while rolling, or the pasta will flatten and lose its shape.
7. As you finish each strand, lightly dust it with durum wheat semolina and set aside.

Cooking

Cook the Gnocchetti Prenestini in plenty of salted boiling water until they rise to the surface and are tender. Serve with simple, traditional sauces to highlight their rustic texture.

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