

Gnocchetti Sardi

How to make Gnocchetti Sardi also known as Malloreddus, a small ridged pasta shape from Sardinia. This shape is super easy to make made with a 2 ingredient semolina pasta dough and uses a gnocchi board or basic kitchen fork to make the ridges.



★★★★★
5 from 1 vote

Prep Time
30 mins

Resting time
30 mins

Total Time
1 hr

Course: pasta Cuisine: Italian

Servings: 4 servings (makes 1 pound/450g) Author: Emily Wyper

Equipment

- Plastic wrap (cling film)
- Gnocchi board or a fork

Ingredients

- 300 g Semola Rimacinata semolina flour (2 cups)*see notes
- 150 ml hot water ($\frac{2}{3}$ cup)

Instructions

1. Put the semola flour in a large mixing bowl or in a pile on a clean work surface and make a well in the middle.
2. Add the water then slowly incorporate the flour using a fork. Once a rough dough has formed, knead it for 10 minutes until smooth and elastic.
3. Cover the dough with plastic wrap (cling film) and let it rest for at least 30 minutes.
4. Once rested, cut the dough into quarters. On a clean work surface with no flour (important) roll one quarter into a long rope shape about $\frac{1}{2}$ inch thick (make sure to keep the rest of the dough covered in plastic wrap so it doesn't dry out).
5. Cut the rope into small rectangles (about $\frac{1}{2}$ inch wide). To shape the gnocchetti sardi, place one cut piece of dough on a ridged gnocchi board and roll it away from you using the side of your thumb. If you don't have a gnocchi board you can also use the back of a fork.
6. Repeat with the remaining dough. Once you've shaped the gnocchetti make sure they are lying on a surface dusted with semola so they don't stick.

How to cook them

1. Bring a large pot of salted water to a boil and cook the cavatelli for around 3-4 minutes. Check one to see if it's ready (they will be chewier than egg pasta).
2. Toss them with your desired pasta sauce and serve.

How to store them (refrigerator and freezer)

1. If you'll be using them soon you can store them in the fridge for up to 4 days. Make sure

they are dusted with flour and in an even layer.

2. To freeze them, lay them on a tray in an even layer and freeze. Once frozen, transfer them into a freezer bag to save space. Boil them straight from frozen then add to sauce (they'll take a few minutes longer).

Notes

- ***Measuring in cups** - if you're using cups to measure the semola flour you must spoon the flour into the cup and then level it off with a knife. If you scoop the flour you'll end up with far too much flour and the recipe won't work.
- **Using a kitchen scale** - if using a kitchen scale you can easily adjust the amount of pasta you make. Always use half the amount of water to flour (e.g 300g flour 150ml water). **Note:** This does not work the same for cups as that measures in volume!

Nutrition

Calories: 254kcal | Carbohydrates: 53g | Protein: 10g | Fat: 2g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 3mg | Potassium: 323mg | Calcium: 27mg | Iron: 3mg

Gnocchetti Sardi from <https://www.insidetherustickitchen.com/gnocchetti-sardi/>

Scan the QR code to check for any recipe updates, view our step-by-step photos or get your questions answered!

