



GNOCCHI ALLE CICALI

Gnocchi in Morton Bay Bug Brodo

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LA VÈTTA | MARNONG ESTATE

SERVES FOUR

INGREDIENTS

FOR THE GNOCCHI:

500g potatoes, peeled
25g grated Parmigiano Reggiano
175g plain flour (or 115g if using gluten-free flour)
7g fine salt
1 egg

– OR –

500g quality store-bought gnocchi

FOR THE SAUCE:

300g Moreton Bay bug meat, cut into bite-sized pieces
2 cloves garlic, minced
1 small red chilli, finely chopped (to taste)
2 knobs unsalted butter (or more to taste)
1 tbsp extra virgin olive oil
500ml Marnong Estate Moreton Bay Bug Brodo
Handful of fresh parsley, finely chopped
Flaky salt and cracked black pepper, to season

METHOD

1. Boil the potatoes in salted water until completely tender. Drain well and allow the steam to escape for a few minutes. While still warm, pass the potatoes through a ricer or mash until smooth and fluffy. Add the Parmesan, flour, salt, and egg. Using your hands, gently bring the dough together until just combined. The dough should feel soft and slightly tacky, but not sticky.

(Skip to step 3: if using store-bought gnocchi)

2. Lightly flour your work surface. Divide the dough into portions and roll each into long, even cylinders approximately 2cm thick. Cut into bite-sized pieces and dust generously with flour to prevent sticking. Arrange on a lined tray and freeze until firm, or until ready to cook.

3. In a wide saucepan, heat the olive oil and butter over medium heat. Add the garlic, chilli, and sauté for 1–2 minutes until aromatic and lightly golden.

4. Pour in the Marnong Estate Moreton Bay Bug Brodo and bring to a gentle simmer. Add the chopped bug meat and poach for 2–3 minutes until just opaque. Adjust butter to taste for added richness.

5. Bring a large pot of salted water to a rolling boil. Add the gnocchi — handmade or store-bought—and cook until they rise to the surface. Let them simmer for an additional 30 seconds, then drain well.

6. Fold the gnocchi gently through the warm sauce. Add the chopped parsley and season with flaky sea salt and freshly cracked black pepper. Toss lightly to coat, taking care not to break the gnocchi.

To serve: Plate immediately, spooning over the buttery brodo. Garnish with a touch of parsley and a drizzle of olive oil, if desired.

Best enjoyed warm with a glass of Marnong Estate Single Vineyard Fiano