

# Mastering Trending Italian Foods

World Cuisine

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There's some key techniques required to create classic Italian dishes, but with these handy steps and tips, you'll soon master them.



## Three Cheese Tortellini

**Roll dough:** Run dough through a pasta machine. Fold dough, horizontally and vertically, and continue to run it through the machine, until dough is paper thin, semi-translucent and smooth.

**Fill:** Place filling in a piping bag and pipe around 1 teaspoon into the centre of each pasta circle.

**Fold:** Brush egg wash on one half of the pasta circle, then fold over to create a half-moon shape. Press edges together to seal.

**Shape:** Push the pasta inwards slightly at the filling, bring the edges together and pinch them closed.

**Chef tip:** Work in small batches and keep pasta under a damp paper towel until ready to fill.



## Risotto

**Sauté onions:** Sweat onions over a medium heat until they are translucent.

**Toast rice:** In oil, heat the rice until it becomes slightly translucent. This takes 2-5 minutes.

**Add stock:** Introduce stock, a ladle at a time, wait for it to absorb before adding more. Shake the pan to keep the rice moving and release the starch.

**Perfect the texture:** The risotto should be creamy with a texture similar to rice pudding. The rice should be al dente, still with some bite.

**Chef tip:** Partially cook the rice prior to service, transfer the rice to a tray to cool down and reserve in fridge until service, when cooking can be finished.



## Gnocchi

**Make mash:** Boil the water and remove from heat, whisk in Knorr Mashed Potato and then rest for 2 mins. Use a spatula to bring mash together.

**Make dough:** Combine warm mash with choux pastry mix and cheese.

**Knead & roll dough:** Knead the dough while it's warm, but don't overwork it. Portion dough and then roll into thin logs.

**Shape gnocchi:** Cut the log into small pillow-shaped pieces, and press a finger into the centre of each piece. Place in a floured tray.

**Cook gnocchi:** Cook the gnocchi in a pan of simmering water until the gnocchi floats to the top.

**Chef tip:** We've added a twist to the gnocchi by combining the mash with choux pastry and cheese, but flour and eggs can also be used with the mash.



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