

## Gnocchi With Shrimp and Zucchini

### For the Gnocchi:

2½ cups milk  
½ cup unsalted butter  
2 cups sifted flour  
6 large eggs  
¾ cup grated Parmigiano  
½ teaspoon salt  
Fresh-grated nutmeg

Bring a large kettle of salted water to the boil. In a separate heavy saucepan, heat the milk, the butter, the salt, and a generous grinding of nutmeg. When the mixture comes to the boil, add all the flour at once and beat vigorously with a wooden spoon. When the mixture comes away from the bottom and sides of the pan, remove from the heat. Let cool slightly, then beat in eggs one at a time, until well blended. This is rather heavy work. Finally beat in the Parmigiano.

With a rubber spatula, scrape the mixture into a pastry bag fitted with about a ¾-inch metal nozzle. Hold the bag over the boiling water. Squeeze out about a ½-inch cylinder, cutting it off with a small sharp knife. Use one fast stroke with the blade against the nozzle to get the cleanest cut. Poach the gnocchi for about 10 minutes. Don't cook too many at once or they will all stick together. When cooked, remove with a slotted spoon and dry the gnocchi on paper towels.

I generally cook the gnocchi a day ahead, freezing them, well separated, on a baking sheet. When hard, they can be stored in a plastic bag. To finish the recipe, simply thaw them out separated for about 3 hours.

### For the Shrimp and Stock:

2 pounds of shrimp  
1¼ cups of dry white wine or white vermouth  
3 cups water  
1 bay leaf  
1 onion, thinly sliced  
1 celery stalk, thinly sliced  
1 carrot thinly sliced  
1 teaspoon lemon juice  
6 parsley stems (no leaves)  
3 sprigs of thyme  
6 peppercorns  
2 whole cloves  
Olive oil

Film a frying pan with a small amount of olive oil and sauté the shrimp in their shells, just until the shells turn deep pink, turning once. Peel the shrimp, reserving the shells. (Oh, horrors! I don't bother to devein the cooked shrimp.) Bring the shrimp shells and the remaining ingredients (except the olive oil) to a boil, then simmer for about 45 minutes. Strain the ingredients through a sieve, reserving the stock. Let the stock cool and skim off any oil the accumulates at the surface. Boil the stock until reduced to 1½ cups.

**For the Zucchini:**

2 Zucchini, as thin and firm as possible  
1 quart salted water

Wash, dry, and cut the zucchini into julienne strips about 2½ inches long. If the zucchini are thick or are seedy, remove the middle section. You want some of the deep green skin on each of the strips, so they hold together without getting mushy. Blanch the zucchini in the boiling salted water for no more than 45 seconds. Drain and refresh under cold water. Dry the julienned strips on paper towels.

**For the Sauce Mornay:**

8 tablespoons butter  
½ cup flour  
2½ cups milk  
1½ cups shrimp stock  
2 egg yolks  
½ cup heavy cream  
½ cup grated Parmigiano  
Drops of lemon juice  
Grated nutmeg  
Salt and white pepper to taste

Scald the milk and the shrimp stock. Melt the butter in a heavy saucepan and whisk in the flour. Cook several minutes, without allowing the butter to brown. Add the scalded milk and shrimp stock. Whisk until smooth. Beat 2 egg yolks with the heavy cream in a bowl, pour a cup of the hot sauce into the yolk mixture to warm, then return all to the saucepan. Beat in the Parmigiano, the nutmeg, and salt, white pepper and lemon juice to taste, simmering a few minutes.

To assemble, coat the bottom of the baking pan with the *sauce mornay*, then add the gnocchi, the shrimp, and the zucchini. Cover with more sauce and sprinkle the top with more Parmigiano. (You may have enough for more than one dinner. If so refrigerate the ingredients until ready to use.) Bake in the upper third of a 400° oven for 10 to 15 minutes, then run under a medium broiler for a couple minutes to brown the top.

**Simplified Method:**

Ignore making the shrimp stock. Substitute 1½ cups of clam juice for the shrimp stock in the mornay or just use all milk.