

Flanken Gnocchi

Recipe By Ashira Mirsky



Cooking and Prep: 
6.5 h

Serves:  4

Contains:  

Preference: Meat

Difficulty: Medium

Occasion: Purim

Cuisines: Ashkenazi

This dish is hearty, delicious and satisfying. The best part is cooking the flanken in the crockpot! The flanken falls apart as it becomes so tender and mouth-watering.

Ingredients (8)

Main ingredients

- 1 and 1/2 pounds boneless flanken
- 2 cups cabernet sauvignon (I used [Zmora Cabernet](#))
- 2 tablespoons onion soup mix
- 1/2 teaspoon coffee
- 1/2 cup [Gefen BBQ Sauce](#)
- 1 teaspoon garlic salt
- 2 bags frozen gnocchi (Pasta Authority)

1 bunch asparagus

Start Cooking

Cook the Flanken

1. Place the flanken in a crockpot. Add the coffee, garlic salt, BBQ sauce, onion soup mix, and the wine. Turn the crockpot to low and let the meat cook for six hours. Add one teaspoon cornstarch mixed with a cup of water to the liquid in the crockpot to thicken it before serving. You can also pull the flanken apart to bite-sized pieces.

Cook the Gnocchi

1. Boil the gnocchi for a few minutes according to package directions. Drain well. Add the gnocchi to the crockpot and stir.

Cook the Asparagus

1. Wash and check the asparagus well. Trim into bite-sized pieces and sautee in olive oil on high heat for a few minutes. Add salt and pepper to taste. The asparagus should still have a crunch and bite to it.
2. Toss the asparagus into the crockpot and mix all the ingredients together. Turn the crockpot off and serve immediately. Enjoy!