

Pumpkin Gnocchi

Bialik College Kitchen Garden Program



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Ingredients:

- 800g potatoes
- 400g pumpkin, peeled, seeds removed and cut into 5cm cubes
- 1 teaspoon olive oil
- 1 teaspoon water
- 300g plain flour, plus extra for kneading and dusting
- ¼ teaspoon freshly grated nutmeg
- 125g butter
- 10 sage leaves, torn
- 1 tablespoon salt
- freshly ground pepper
- 125g parmesan cheese, grated

Equipment:

- metric measuring scales, spoons and cups
- peeler
- chopping board
- cook's knife
- grater
- large stockpot with lid
- colander
- 2 baking trays
- aluminium foil
- large bowl
- potato ricer
- frying pan
- wooden spoon
- slotted spoon

Method:

1. Preheat oven to 200C.
2. Prepare all ingredients based on the instructions in the ingredients list.
3. ***Boil potatoes in their skins for 35 minutes until cooked and soft.** Drain and set aside to cool slightly before peeling.
4. Place the pumpkin on a baking tray and sprinkle with olive oil and water. Cover with aluminium foil and bake for 35 minutes until cooked and soft.
5. In the large bowl, pass potato and pumpkin through the potato ricer.
6. Place flour on a clean surface and empty the mashed potato and pumpkin over the flour. Add the nutmeg.
7. Lightly knead the mixture until a soft dough forms. You may need a little extra flour to prevent the mixture from sticking.
8. Cut the dough into four even pieces, then roll each piece into a 3cm wide log. Using a butter knife, cut the logs at 3cm intervals to create gnocchi.

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9. Dust the gnocchi with a little more flour to prevent them from sticking. Lay the gnocchi out on a baking tray dusted with flour.
10. Melt the butter in the large frying pan over a medium heat. Add the sage leaves and cook until the butter has slightly browned and the sage leaves are crisp, about 3-4 minutes. Remove from heat and set aside.
11. ***Bring a large stockpot of water to the boil. Add the salt, then carefully drop the gnocchi into the pot individually, making sure they don't stick together.**
12. The gnocchi are cooked when they rise to the surface. Using a slotted spoon, remove the gnocchi and place directly into the frying pan with the sage and butter.
13. Return the frying pan to a low heat and gently stir to heat through and ensure the sauce covers all the gnocchi.
14. Serve the gnocchi in serving dishes with grated parmesan sprinkled over the top.

***Adult supervision required.**

Recipe Source: Teresa Oates (mangiamangia.com.au)