

Beetroot Gnocchi

Bialik College Kitchen Garden Program



Ingredients:

- 1kg Desiree potatoes
- 400g cooked beetroot, peeled and roughly chopped
- 300g plain flour, plus extra for kneading and dusting
- 1 egg, lightly beaten
- pinch of salt
- 125g butter
- 10 sage leaves, torn
- salt/pepper, to taste
- 125g parmesan cheese, grated

Equipment:

- metric measuring scales
- chopping board
- cook's knife
- Large saucepan
- Colander
- Large mixing bowl
- Potato ricer
- Large frying pan

Method:

1. Prepare all ingredients based on the instructions in the ingredients list.
2. ***Boil potatoes in their skins for 35 minutes until cooked and soft.** Drain and set aside to cool slightly before peeling and passing through the potato ricer.
3. Blend the beetroot in a food processor to a puree. Pass the puree through a fine sieve to remove any lumps.
4. Place flour on a clean surface and make a well in the centre. Add the beaten egg, mashed potato, beetroot puree and salt to the well.
5. Lightly knead the mixture until a soft dough forms. You may need extra flour to prevent the mixture sticking.
6. Cut the dough into four pieces, then roll each pieces into a 3cm wide log. Using a butter knife, cut the logs at 3cm intervals to create gnocchi.
7. Dust the gnocchi with a little more flour to prevent them from sticking. Lay the gnocchi out on a baking tray dusted with flour.

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8. 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.
9. ***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.**
10. 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.
11. Return the frying pan to a low heat and gently stir to heat through and ensure the sauce covers all the gnocchi.
12. Serve the gnocchi in serving dishes with grated parmesan sprinkled over the top.

*** Adult supervision required.**