

Potato and Pumpkin Gnocchi

Source *Grow Cook Eat, SAKG*

From the garden *Potatoes (best for Gnocchi - Desiree, Russett Burbank, King Edward)*

<u>Equipment</u>	<u>Ingredients</u>
cups and spoons peeler clean tea towel chopping board cook's knife grater large heavy-based stockpot with lid colander 2 baking trays aluminium foil large bowl small bowls potato masher or ricer butter knife frying pan wooden spoon slotted spoon	<ul style="list-style-type: none"> • 800 g potatoes • 400 g pumpkin, (steamed or baked) • 1 egg • 1 tsp salt • Pinch of nutmeg • 1 tsp olive oil • 1 tsp water • 300 g plain flour, plus extra for kneading and dusting • ¼ tsp freshly grated nutmeg • 1 tbsp salt • freshly ground black pepper • 1 litre heated Tomato Sugo • 125 g parmesan cheese, grated

What to do

- Heat oven to 180C.
- Wash potatoes and wipe clean
- Prick potatoes well and bake in their skins for 1 hour until tender.
- Leave potatoes to cool slightly.
- Put pot of water on to boil to cook gnocchi.
- Put potato in tea towel to protect hands, remove peel.
- Cut potatoes in half.
- Mash potatoes or push through a potato ricer.
- Add potatoes to a large mixing bowl.
- Mash 400g cooked pumpkin
- Add mashed pumpkin to the potato
- Beat the egg with a whisk.
- Grate nutmeg
- Measure out 300g plain flour and 1 tsp salt
- Stir egg, salt, nutmeg and flour into potatoes. Mixture should be smooth and slightly sticky. Do not over-mix, or the potato will become too gluey
- and your gnocchi will not be light.
- Lightly knead the mixture until a soft dough forms. You may need a little

- extra flour to prevent the mixture from sticking.
- Cut the dough into four even pieces, then roll each piece into a 3-cm wide log.
- Using the butter knife, cut the logs at 3 cm intervals to create gnocchi and put them on a floured tray.
- Use a fork to add a pattern, if you like.
- When water has boiled, drop the gnocchi into the boiling water in batches. When they rise to the top, let them simmer for a minute.
- Remove gnocchi with a slotted spoon to a baking dish and continue cooking gnocchi when water comes to a boil again.
- Keep warm in a large baking dish while the remaining gnocchi is cooking. Add a small amount of tomato sugo so the gnocchi doesn't dry out.
- When all the gnocchi is cooked, add more tomato sugo to the gnocchi in the baking dish. Add sea salt and pepper to the gnocchi and toss carefully.
- Put into oven to keep warm until ready to serve.
- Cut extra parsley and other herbs.
- Add extra Tomato Sugo and extra herbs to serve. ENJOY!