

Gluten Free Potato and Pumpkin Gnocchi (GF Fat free)

Source *Grow Cook Eat, St Joseph's School Coleraine*

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"> • 300 g potatoes • 300g cooked (steamed or baked) pumpkin • 1 egg • 1 tsp salt • Pinch of nutmeg • 50g rice flour • 50g tapioca flour • Extra tapioca flour for dusting • 1 litre boiling salted water • Sea salt and pepper • Tomato Sugo (heated)

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 300g cooked pumpkin
- Beat the egg with a whisk.
- Grate nutmeg
- Measure out 50g rice flour, 50g tapioca flour and 1 tsp salt
- Stir egg, salt, nutmeg and flour into potatoes. Mixture should be smooth and slightly sticky.
- On a tapioca floured board, form mixture into a ball and divide into lemon sized pieces (or enough for 1 piece for each student).

- On a tapioca floured (use surface, roll the dough lightly and evenly into a long sausage.
- Cut the sausage into 2 cm pieces 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.
- Add extra Tomato Sugo to serve. ENJOY!