

Sweet Potato Gnocchi

Season: Autumn

Serves: 20 tastes

Recipe source: adapted from a recipe by pinchofyum.com

Fresh from the garden: sweet potatoes

Equipment:	Ingredients:
Medium mixing bowl	750g sweet potato
Large mixing bowl	3 cups ricotta cheese
Spoons	$\frac{3}{4}$ cup grated Parmesan cheese
Spatula	4 $\frac{1}{2}$ teaspoons salt
Masher	2 $\frac{1}{2}$ cups plain flour, plus extra for dusting
Forks	NOTE: the exact amount of flour required will depend on the moisture in the sweet potato.
Measuring cups and spoons	
Grater	
Ruler	
Knife	
Tray dusted with flour	
Scraper	
Large saucepan	
Sieve	

What to do:

1. Roast large chunks of sweet potato at 180°C until tender, approximately 50 minutes. This step has been done for you.
2. Add ricotta cheese, parmesan cheese and salt to the medium mixing bowl. Mix until smooth.
3. Scoop sweet potato flesh off from the skin and add to the large mixing bowl. Discard skin. Mash flesh until completely smooth. Add the cheeses and mix well.
4. Add flour $\frac{1}{2}$ cup at a time, mixing GENTLY after each addition. Over mixing/kneading will result in tough gnocchi.
5. Transfer dough to a floured bench to mix in the flour and gently knead into a loaf shape, approximately 10x30cm. Cut a slice from the short side of the loaf.
6. Gently roll the slice on a floured surface so that it forms a long skinny sausage shape. Cut into 2 $\frac{1}{2}$ cm segments and place onto the floured tray until ready for boiling. Repeat with the remaining slices.
7. Bring a large pot of salted water to the boil, add gnocchi in batches, and cook until the gnocchi rise to the surface. Use the sieve to drain the gnocchi and add directly to the frying pan of prepared sauce. Mix gently so that the gnocchi are coated with sauce.

