

PUMPKIN GNOCCHI

(SERVES 4 - 6)

EQUIPMENT

MIXING BOWLS, SCALES, POTATO RICER (OR MASHER), CHOPPING BOARD,
FINE CHEESE GRATER, BLUNT KNIFE OR THIN SCRAPER, SLOTTED SPOON.

INGREDIENTS

5 MEDIUM SIZE WHITE FLESH POTATOES (NOT WAXY) 1/4 SMALL BUTTERNUT PUMPKIN, SALT AND WHITE PEPPER,
2 EGG YOLKS, SMALL PIECE OF PARMESAN CHEESE, 400-500GM PLAIN FLOUR, ICE AND WATER

IMPORTANT!

BEFORE YOU BEGIN THIS RECIPE PLEASE UNDERSTAND ALL POTATOES ARE DIFFERENT AND REACT DIFFERENTLY AFTER COOKING, THIS AFFECTS THE EXACT AMOUNT OF FLOUR REQUIRED.

OUR VIDEO 'PUMPKIN GNOCCHI' SHOWS 500GM OF PLAIN FLOUR AT THE BEGINNING BUT AS YOU WILL SEE THE AMOUNT USED IS APPROX 420GMS.

GNOCCHI IS VERY MUCH DONE ON FEELING AND TEXTURE AND WE EXPECT IT MAY TAKE A FEW ATTEMPTS TO PERFECT.

FURTHER DETAILS AND GUIDES TO THE TEXTURE YOU SHOULD BE FEELING FOR ARE DESCRIBED IN THE METHOD BELOW AND ON OUR INSTRUCTIONAL VIDEO.

METHOD

CUT POTATOES IN HALF AND PLACE ON PERFORATED STEAMER TRAY, PLACE IN THE OVEN ON STEAM SETTING, 100 DEGREES FOR 20 MINS

AFTER THIS TIME HAS ELAPSED PLACE THE PEELED PUMPKIN PIECES ON THE SAME TRAY WITH THE POTATOES AND REPEAT THE PROCESS 100 DEGREES, 30 MINS

CHECK YOUR POTATOES AND PUMPKIN ARE COOKED AND PLACE IN THE RICER OR MASH INTO A LARGE MIXING BOWL

ADD A GENEROUS AMOUNT OF SALT, PEPPER AND GRATED PARMESAN

THEN ADD 75% OF YOUR FLOUR ALL AT ONCE, ADD EGG YOLKS ON TOP OF THE FLOUR

BEGIN TO MIX WITH YOUR HAND AND FOLD ALL INGREDIENTS THROUGH UNTIL JUST MIXED
CHECK THE MIX WITH YOUR CLEAN HAND IT SHOULD BE SOFT BUT NOT STICKY

PLACE THE DOUGH AND ANY REMNANTS OF FLOUR FROM THE BOWL ON A LIGHTLY FLOURED BENCH AND GENTLY KNEAD BRIEFLY

SET THE DOUGH ASIDE AND SPRINKLE A LITTLE EXTRA FLOUR ON TOP.

FLOUR A CHOPPING BOARD OR PLATE WELL AND LIGHTLY FLOUR YOUR BENCH TOP.

WITH A BLUNT KNIFE OR SCRAPER, REMOVE A MEDIUM SIZE SECTION OF DOUGH AND ROLL OUT INTO A LONG SAUSAGE, LIGHTLY FLOUR THE SURFACE AGAIN.

CUT THE DOUGH INTO SMALL PILLOW SHAPED PIECES AND CAREFULLY PLACE ON THE FLOURED BOARD OR PLATE.

CONTINUE THE PROCESS UNTIL ALL THE DOUGH IS CUT.

PLACE A LARGE SAUCEPAN OF WATER ON THE STOVETOP AND BRING TO THE BOIL, ADD A GENEROUS AMOUNT OF SALT AND IN A SEPARATE LARGE BOWL PLACE SOME COLD WATER AND ICE NEARBY.

DROP THE GNOCCHI INTO THE BOILING WATER GENTLY ABOUT 20 AT A TIME AND AFTER 20 SECONDS STIR THE POT GENTLY TO REMOVE ANY GNOCCHI THAT MAY HAVE STUCK TO THE BOTTOM.

ONCE THE GNOCCHI RISE TO THE SURFACE LEAVE THEM FOR A FURTHER 20 SECONDS.

REMOVE THE GNOCCHI WITH A SLOTTED SPOON AND PLUNGE THEM INTO THE ICED WATER OR DIRECTLY INTO YOUR FAVOURITE SAUCE.

HINTS & TIPS

- MAKE YOUR DOUGH WHILE THE POTATOES ARE STILL HOT.
- MIX THE DOUGH WITH ONE HAND ONLY, THIS LEAVES YOUR OTHER HAND FREE TO TEST THE MIX, ANSWER THE PHONE OR TURN THE TAP ON WITHOUT ANY MESS.
- MAKE SURE TO PLACE THE EGG YOLK ON TOP OF THE FLOUR; PUTTING EGG YOLKS DIRECTLY ON THE HOT POTATO WILL COOK THE YOLKS.
- DO NOT OVER MIX THE DOUGH; THIS WILL STRETCH THE STARCH IN THE POTATOES AND THE GLUTEN IN THE FLOUR GIVING A RUBBER LIKE RESULT.
- MAKE THE GNOCCHI AHEAD OF TIME AND USE THE ICED WATER METHOD TO HALT THE COOKING, GIVING YOU TIME TO CREATE THE PERFECT SAUCE FOR YOUR HARD WORK. JUST BRIEFLY REHEAT IN YOU SAUCE OR IN BOILING WATER.
- LIGHTLY COAT THE GNOCCHI IN VEGETABLE OIL ONCE COOL TO STOP THEM STICKING TOGETHER. THEY WILL KEEP FOR 2 DAYS IN THE FRIDGE.