

SWEET POTATO GNOCCHI

COOKEE'S TOOL KIT

Saucepan
Medium sized bowl
Potato ricer or masher
Baking sheet
Parchment paper
Fork or Gnocchi board
Scraper or knife
Nonstick skillet
Adult Supervision



Ingredients

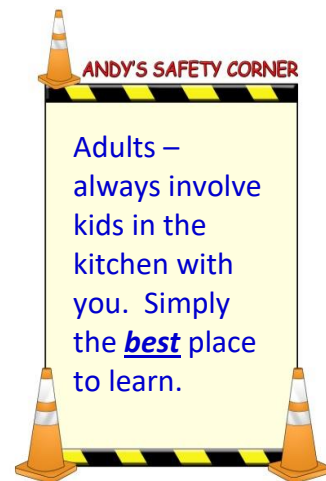
1 cup sweet potatoes, cooked and finely mashed
1 teaspoon Kosher salt
¼ teaspoon freshly ground black pepper
1 teaspoon olive oil
1 ½ cups all-purpose flour

Sauce: Brown butter and cinnamon with sage

Optional: use 1 tablespoon chopped rosemary in place of sage

Directions

1. Peel sweet potatoes and slice. Use a saucepan with water to barely cover the potatoes, bring to a boil, then reduce heat and simmer about 15 minutes until the potatoes are just tender. Drain potatoes using a colander and mash. For best results run potatoes through a potato ricer or sieve. Place in a medium sized bowl.
2. Hold aside about ¼ cup of flour then sprinkle the remaining flour, salt, and pepper over the potatoes. Mix. Fold the dough over on itself and press down again. Sprinkle more flour and continue until there ingredients are combined and the dough is not sticky.
3. Place any dough clinging to the fingers back place back into the dough. If the mixture is too dry, add a little water. The dough should feel nice and give under a little pressure. Test dough by rolling a piece with your hands on a well-floured board into a rope 1/2 -inch diameter. If the dough holds together, it is ready. If not, add more flour, fold and press the dough several more times and test again.
4. Cut the dough into 4 pieces and roll each piece into a rope about ½-inch in diameter. Cut into ½-inch long pieces. Lightly flour the gnocchi as they are cut. Set gnocchi on a lined baking sheet for 15 minutes then turn gnocchi over. Gnocchi can be frozen at this point.
5. Bring water to a boil, salt the water with 1 teaspoon salt and drop the gnocchi in. Stir and bring back to a boil, cook 1 to 2 minutes until gnocchi floats. Drain. Cook again in a dry non-stick skillet making the sauce below. Serve immediately.



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6. *For the butter sauce:* With gnocchi in the non-stick skillet, add the butter over medium heat. Stir in the chopped sage. Continue to cook, stirring frequently, until the foam subsides and the milk solids begin to brown and mixture is fragrant. Add ½ teaspoon of ground cinnamon. Gently toss the gnocchi in the brown butter sauce.

Transfer to a serving bowl, sprinkle with a garnish of walnuts, or pecans, bacon bits and garnish with fresh sage leaves. Serve immediately. Be creative with your garnishes; find something that will make this dish zing!

Wonderful with ham!

Prep time: 20 minutes

Cook time: 20 minutes

Serves: 6