SAKG Elwood Primary School

Pumpkin Gnocchi and Parsley Sauce with Jerusalem Artichokes

Ingredients

1kg Jerusalem artichokes, scrubbed and trimmed

2 cups cooked pumpkin, mashed or pureed (roast 800g of cut pumpkin at 200oC for 15 minutes)

2 cups plain flour + extra for working

½ teaspoon salt

1 teaspoon nutmeg (optional)

GLAZE

2  tablespoon butter

5-10 leaves of sage

2 cloves garlic, finely crushed

Method

Bring 2 med to large pots of water to boil, 2/3 filled

Scrub thoroughly the artichokes in a bowl of cool water, changing the water once to keep it fresh, use a kitchen brush. Trim them so they are 2cm in length and width, approximately

Cook the artichokes in boiling water for 15 mins until they are softened. Strain and cool.

Measure 2 cups of cooked pumpkin. Mash the pumpkin. Place the pumpkin, flour, salt and nutmeg into a bowl and mix using a fork until it just comes together.

Divide the mixture into three portions; it may be sticky to touch but that is ok. Be gentle when rolling it and it is less likely to stick.

Generously spread flour on a working surface and gently roll out the mixture into a long cylinder shape until it is about 1.5cm in diameter.

Cut the mixture into equal pieces 2cm in length

Keep the gnocchi on a floured tray until all has been cut. When the water is boiling cook the gnocchi in batches. Let the gnocchi boil for 5-7 minutes or until it floats to the top.

Lift them out of the water with a slotted spoon.

To make the sauce: \*Parsley recipe please follow on…

To make the glaze, place the butter in a saucepan over medium-high heat until some brown specs appear, then reduce the heat to medium-low.

Add sage leaves and let them crisp up then turn off gas. Pour over and Fold cooked gnocchi through

**Parsley Sauce:**

Zest and juice of 1 lemon

⅓ cup **finely chopped** flat leaf parsley

1 large clove garlic, crushed

2 tablespoons extra virgin olive oil

Pinch of salt

Pinch of freshly cracked black pepper

**PREPARATION**

Mix zest, juice, parsley, garlic, olive oil, salt, and pepper together in a bowl.

Drizzle over the platter of cooked pumpkin GNOCCHI

Serve immediately.