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

For the next class; roast 800g of cut pumpkin at 200oC for 15 minutes

2 cups plain flour + extra for working

½ teaspoon salt

1 teaspoon nutmeg (ground or fresh whole nutmeg grated.)

GLAZE

2  tablespoon butter

* 1. eaves of sage

2 cloves garlic, finely crushed

METHOD

1. Bring a large pot of water, half filled, to a rolling boil.
2. 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
3. Cook the artichokes in boiling water for 15 mins until they are softened. Strain and cool.
4. 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.
5. 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.
6. 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.
7. Cut the mixture into equal pieces 2cm in length
8. 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 glaze, place the butter in a saucepan and 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

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

**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.