

# Pumpkin Gnocchi

**Season:** Autumn/Winter

**Serves:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** potatoes, pumpkin, sage

**Recipe source:** Teresa Oates (mangiamangia.com.au)

This dish is a sweeter, more colourful version of the traditional potato gnocchi and is a great way to use any excess pumpkin throughout autumn.

## Equipment:

metric measuring scales  
cups and spoons  
peeler  
clean tea towel  
chopping board  
cook's knife  
grater  
large heavy-based  
stockpot with lid  
colander  
2 baking trays  
aluminium foil  
large bowl  
potato masher or ricer  
butter knife  
frying pan  
wooden spoon  
slotted spoon

## Ingredients:

800 g potatoes  
400 g pumpkin, peeled, seeds  
removed and cut into 5-cm  
cubes  
1 tsp olive oil  
1 tsp water  
300 g plain 00 flour, plus extra  
for kneading and dusting  
¼ tsp freshly grated nutmeg  
125 g butter  
10 sage leaves, torn  
1 tbsp salt  
freshly ground black pepper  
125 g parmesan cheese, grated



## What to do:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. **\*Boil the potatoes in their skins for 35 minutes until cooked and soft.** Drain and set aside to cool slightly before peeling.
4. Place the pumpkin on a baking tray and sprinkle over the olive oil and water. Cover with aluminium foil and bake for 35 minutes until cooked and soft.
5. In the large bowl, mash the potato and pumpkin until smooth. Alternatively, pass the pumpkin and potato through a potato ricer, which will result in a more even texture. Do not over-mash, or the potato will become too gluey and your gnocchi will not be light.
6. Place the flour on a clean surface and empty the mashed potato and pumpkin over the flour. Add the nutmeg.

7. Lightly knead the mixture until a soft dough forms. You may need a little extra flour to prevent the mixture from sticking.
8. Cut the dough into four even pieces, then roll each piece into a 3-cm wide log. Using the butter knife, cut the logs at 3 cm intervals to create gnocchi.
9. Dust the cut gnocchi with a little more flour to prevent them from sticking. Lay the gnocchi out on a baking tray dusted with flour.
10. Melt the butter in the large frying pan over a medium heat. Add the sage leaves and cook until the butter has slightly browned and the sage leaves are crisp, about 3–4 minutes. Remove from the heat and set aside.
11. **\*Bring a large stockpot of water to the boil. Add the salt, then carefully add the gnocchi to the pot, making sure they do not stick together (dropping them in individually will help).**
12. The gnocchi are cooked when they rise to the surface. Using the slotted spoon, remove the gnocchi and place directly into the frying pan with the sage and butter.
13. Return the frying pan to a low heat and gently stir to heat through and ensure that the sauce covers all of the gnocchi.
14. Serve the gnocchi in the pot with the grated parmesan sprinkled over the top.

\* Adult supervision required.