Mrs Parker’s Group

Pumpkin Gnocchi

Season: Summer/Winter
Type: Vegetable
Difficulty: Medium
Serves: 18 tastes
Fresh from the garden: Potato, pumpkin
Recipe source: taste.com

What to do.

- Preheat oven to 180ºC.
- Place pumpkin on a baking tray lined with non-stick baking paper.
- Bake until tender but not golden.
- Use a fork to scrape the skin from the pumpkin. Discard skin.
- Place potatoes in a saucepan of cold water.
- Cover.
- Bring to boil over high heat.
- Reduce to low.
- Cook until soft when pierced with a skewer.
- Peel with a small knife.
- Return potatoes to the pan.
- Mash potato until just smooth, then press one-quarter of potato through a sieve into a bowl.
- Repeat in 3 more batches. Add salt and season with pepper.
- Mash the pumpkin and stir into the potato mash.
- Add flour.
- Mix to form a firm, slightly sticky dough.
- If it's too sticky, add a little more flour, but only a tablespoon at a time.
- Too much makes the dough heavy.
- Dust a tray, lined with a clean, dry tea towel, with flour.
- Cut dough into 4 even portions.
- Roll each portion on a lightly floured surface to a 2cm-thick log.
- Use a lightly floured knife to cut logs into 2cm pieces.
- Roll each piece into a ball.
- Place on the lined tray, making sure the gnocchi don't touch each other.
- Gently roll, 1 at a time, over the back of a lightly floured fork.
- The ridges help sauce cling to the gnocchi and give them a traditional Italian finish.
- Bring a large shallow saucepan of water to the boil.
- Add one-quarter of the gnocchi. When they rise to the surface - after about 2-3 minutes - they're ready.
- Use a slotted spoon to transfer to a baking tray, making sure there's a little cooking water still on the tray.
- This stops them sticking together.