



JERNEJ KITCHEN

EASY PUMPKIN GNOCCHI

Easy Pumpkin Gnocchi, rich, tasty and not starchy at all. Perfect for fall.

SERVES	6	PEOPLE
PREPARATION:	15	MINUTES
BAKE:	60	MINUTES
COOK:	5	MINUTES
TOTAL TIME:	80	MINUTES

EASY PUMPKIN GNOCCHI

1 kg unpeeled pumpkin or squash (2.2 lbs), to end up with 450g/1 lbs purée

1 tbsp olive oil

260 g plain flour or type 00 (9oz), plus for dusting

50 g cornstarch (1.8 oz)

1 egg yolk

50 g freshly grated parmesan cheese (1.8 oz)

TOOLS AND EQUIPEMENT

baking sheet

parchment paper

immersion blender or blender

large bowl

wooden spoon

pot

BAKE THE PUMPKIN

Peel the pumpkin or squash, remove the seeds and cut the pumpkin on squares, approx. 1 cm x 1 cm (1/2-inch x 1/- inch). Line a baking sheet with parchment paper, add the pumpkin and bake for about 1 hour at 180 °C / 355 °F.

COOL THE PUMPKIN TO ROOM TEMPERATURE

Remove the baked pumpkin from the oven and let it cool to room temperature, for about 15 minutes.

MAKE THE PUMPKIN PURÉE

Add the baked pumpkin to a bowl and blend using an immersion blender (or blender) until you get a nice, silky pumpkin purée. You will need 450g (1 lbs) of purée for this recipe.

MAKE THE GNOCCHI

Add plain flour and cornstarch to a bowl. Make a little well in the middle and add the pumpkin purée. Add a pinch of salt, egg yolk and freshly grated parmesan cheese. Using a wooden spoon, stir everything together to combine. Then knead everything together with your hands, trying to keep the kneading to minimum. The dough needs to be soft, better slightly sticky then doughy.

TIP

If you feel the dough is completely uncontrollable and super sticky, add a small amount of flour to bring the dough together.

MAKING GNOCCHI (TECHNIQUE OPTION 1)

There are two techniques for making gnocchi at home. Technique option 1 is a little bit more time consuming, but

creates prettier gnocchi. First lightly dust the working surface and flatten the gnocchi dough into a rectangle around 1 cm (1/2 inch) thick. Divide the dough into ten pieces. Roll each piece of dough into a sausage shape, around 2 cm / 1-inch thick, then cut off lengths around the same size. Repeat until you have used all the dough. Meanwhile, place a pot of salted water over medium high heat and bring to a boil. Gently add the gnocchi (cook in batches) and cook for about 5 minutes or until they start to float.

MAKING GNOCCHI (TECHNIQUE OPTION 2)

For the Technique option 2, fill a pastry bag with gnocchi dough. Tie a piece of string between the pot handles (you will use the string to cut the gnocchi). Bring water to a boil in the pot. Working in batches, pipe gnocchi into the boiling water a few at a time, using the string to cut pieces about 2 cm (1-inch) long (as seen on the photo). Cook for 5 minutes, or until gnocchi start to float to the top of the water.

SERVE OR STORE

Serve the cooked pumpkin gnocchi with a sauce of your choosing or store uncooked gnocchi in a freezer bag and freeze for up to a month. Cook frozen pumpkin gnocchi for about 10 minutes or until they start to float. Enjoy.