

# COOKING CUISINE

19th October 2022

## Pumpkin and Sage Gnocchi

Serves 4

### Equipment

- Bowl
- Large pan
- Large frying pan

### Ingredients

- 500gr cooked or roast pumpkin pulp (approx.. 1 pumpkin of 1.4kg or 2.8 lbs) such as butternut squash or kabocha
- 250gr ricotta
- 120gr all purpose flour (extra for dusting)
- 60 gr parmesan or Grana Padano, finely grated
- ¼ tsp grated nutmeg
- 1 egg
- 1/3 tsp salt
- Black pepper

### For the Sage & Butter Sauce

1tsp 1tsp olive oil

50gr butter (or butter ghee)

Handful of fresh sage leaves

Salt & Black pepper

Parmesan or Grano Padano to serve



### Directions

- Roast the pumpkin chunks in the oven for 15 minutes at 180°C or until soft or cook in unsalted water for 8-10 minutes or until soft
- Drain the pumpkin pieces and let drain well in a colander. If roasting, let them cool down once soft
- Place pumpkin and all other gnocchi ingredients in a bowl

- Mix well into a soft, dry dough that resembles mashed potatoes using a wooden spoon
- Dust a worksurface or large plate and tip the dough onto it
- Sprinkle with a little flour and gentle roll into a long rope about 2cm thick.
- Cut into squares or trapez shapes
- Slightly press onto each gnocchi's cut side with a fork to make small grooves
- Set gnocchi aside
- Bring a large pot of salted water to the boil
- Meanwhile
- Carefully tip gnocchi into the boiling water, us a slotted spoon or ladel, if necessary
- Meanwhile, melt the butter or ghee plus olive oil in a large non-stick skillet over medium heat.
- Once gnocchi rise to the top (around 1 minute), scoop them out with a slotted spoon and drop into the skillet with 1 tsp of the butter and the oil, Shake the pan to move the gnocchi around until they start to brown
- Add the remaining butter, and sage once the butter is melted. Stir and cook for 2-3 minute, until the gnocchi are golden and the sage is crisp
- Serve immediately, garnished with black pepper and parmesan or burrata cheese

# Autumn Salad

Serves 4

## Equipment

- Salad bowl

## Ingredients

- 300gr Arugula or chopped lettuce of choice
- 1 large red apple cored and thinly sliced (Fuji or gala)
- ½ cup pecans lightly chopped and toasted
- 1/3 cup dried cranberries or raisins or 1 cup fresh figs
- Optional prosciutto crudo or fried, chopped pancetta

## Dressing

- ¼ cup balsamic or apple cider vinegar
- 2 tablespoons olive oil
- 1tsp honey or maple syrup.



## Directions

- Arrange the rinsed and drained arugula in a large bowl or serving plate
- Add the apple slices in clusters and spread the chopped pacans and cranberries liberally
- Add prosciutto crudo rosettes or chopped fried pancetta pieces for extra flavour.
- Combine the Vinegar, oil and honey in a small bowl and dress the salad when ready to serve
- Sprinkle the salad with extra whole pecans if desired.