

Mushroom Sweet Potato Gnocchi with Burnt Butter Sauce



3 servings



90 minutes

INGREDIENTS

- 900g /2 medium sweet potatoes
- rock salt for baking
- 200g -250g plain flour
- 11g sea salt
- 4g cracked black pepper
- Flour for dusting
- 250g Swiss brown and button mushrooms
- 50ml olive oil
- 50g butter
- ½ bunch sage
- 30g pinenuts
- ½ lemon
- 20g Parmesan

TIP

Putting the potatoes through a sieve or potato ricer is a vital step to making gnocchi, as this breaks down the starch.

METHOD

1. Preheat the oven to 200°C. Poke a few holes in the sweet potatoes with a fork, and then bake on a tray with a shallow layer of rock salt. Bake for 1 hour or until they are tender and the skin is wrinkly.
2. When the potato is cool enough to handle, peel the skin away from the flesh. Then mash the potato flesh with a ricer or mouli.
3. Mound the flour on a wooden board, or kitchen bench. Make a well in the centre and add sweet potatoes to the well. Season with salt and pepper.
4. Using your hands, work the sweet potato into the flour until it's fully combined. You don't want the dough to be sticky so keep adding flour gradually to form soft dough. Avoid overworking.
5. Form the dough a ball and set aside. Scrape any dough remnants off the bench and lightly flour the bench. Cut the dough into 4 even pieces. Roll each piece into a long finger width log.
6. Cut the rolls of dough log into 2cm pieces of gnocchi, and gently toss each piece into some flour on your work bench to prevent sticking together, set aside on a floured tray. Optional: Use a gnocchi board or fork to press grooves into each piece of gnocchi.
7. Toast the pine nuts and set aside. Cut the mushrooms into quarters.
8. In a large frying pan, over a med-high heat, add the olive oil and a teaspoon of butter, add the quartered mushrooms and cook for a few minutes until golden and starting to soften. Lift out the mushrooms and set aside.
9. To cook the gnocchi, bring a large pot of water to the boil and add the salt. Blanch the sweet potato gnocchi in salted boiling water until they all float, cook for about 2 minutes. Then drain, reserving a little of the cooking water.
10. Using the same frying pan that the mushrooms were cooked in, add the boiled, drained gnocchi and sear for 1-2 minutes on each side until crisp. Add the remaining butter, toasted pine nuts, sage leaves and cooked mushrooms. When the butter turns nut brown, add 30-60ml cooking water and swirl in the pan, squeeze in lemon juice to taste.
11. Serve with shaved Parmesan