



Cook the Book: Sweet Potato Ravioli in Cheese Broth

READY IN



45 min.

SERVINGS



8

CALORIES



439 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon five spice powder chinese
- ☐ 2 tablespoons honey
- ☐ 8 servings olive oil
- ☐ 4 spring onion light white green cut into long, fine julienne
- ☐ 8 servings pepper white freshly ground fine
- ☐ 3 large sweet potatoes and into scrubbed
- ☐ 4 tablespoons butter unsalted
- ☐ 48 wonton wrappers

Equipment

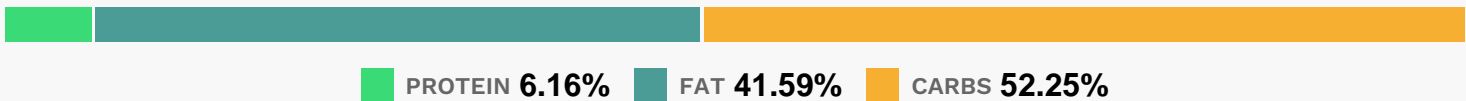
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat the oven to 350°F. Slick the potatoes with oil, sprinkle with salt and white pepper and wrap individually in aluminum foil.
- ☐ Bake for 1 hour, or until very tender.
- ☐ Halve the sweet potatoes and scoop the flesh into a mixing bowl.
- ☐ Add the honey, five-spice powder, and a large pinch of salt. Stir to combine, then taste and adjust as needed.
- ☐ Let it cool down a little.
- ☐ Prep your pasta-making station: the bowl of ravioli filling, the pile of wonton wrappers, a cutting board to work on, a small bowl of water (to seal the ravioli), and a baking sheet lined with parchment paper or plastic wrap. Put a teaspoon of filling into the center of a wonton skin, dip your finger in the bowl of water and use it to wet the rim of the wonton skin, then fold the wrapper closed, pinching the edges to seal.
- ☐ Lay the ravioli on the baking sheet and repeat until they are all stuffed. The ravioli can be used right away or frozen on the baking sheet. (Once they have frozen solid, transfer them to a freezer bag or other container and store for up to a month.)
- ☐ Melt the butter in a wide saucepan over medium heat.

- ☐ Add the sage leaves and cook them for a minute or so, just until aromatic.
- ☐ Add the cheese broth, season it with a pinch of salt and a few turns of white pepper, and bring to a simmer.
- ☐ Drop the ravioli into the pot of salted water; they should bob to the surface of the pot in about 3 minutes.
- ☐ Remove the ravioli from the water and divide among the serving bowls. Ladle a cup or so of the broth into each bowl and garnish with a scattering of scallions.
- ☐ Cheese Broth
- ☐ - makes 1 quart -
- ☐ Combine the rind of (the dry outer half inch of or so of a hard cheese) for a good-sized chunk of Pecorino Romano (or Parmesan or any grating cheese) with a quart of water and simmer for 2 hours, or as long as you can. Strain and use, or store it&mdash:up to a week in the fridge or for months in the freezer.

Nutrition Facts



Properties

Glycemic Index:18.41, Glycemic Load:15.01, Inflammation Score:-10, Nutrition Score:17.122173963682%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 438.77kcal (21.94%), Fat: 20.49g (31.52%), Saturated Fat: 5.68g (35.53%), Carbohydrates: 57.91g (19.3%), Net Carbohydrates: 52.57g (19.12%), Sugar: 9.78g (10.87%), Cholesterol: 19.1mg (6.37%), Sodium: 329.86mg (14.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.65%), Vitamin A: 18329.87IU (366.6%), Manganese: 0.72mg (35.95%), Vitamin K: 23.63µg (22.51%), Vitamin B1: 0.34mg (22.5%), Fiber: 5.34g (21.38%), Selenium: 13.67µg (19.53%), Vitamin E: 2.54mg (16.95%), Vitamin B3: 3.2mg (16%), Iron: 2.81mg (15.63%), Vitamin B2: 0.26mg (15.29%), Vitamin B6: 0.29mg (14.4%), Copper: 0.29mg (14.3%), Folate: 57.09µg (14.27%), Potassium: 490.95mg (14.03%), Magnesium: 44.33mg (11.08%), Vitamin B5: 1.05mg (10.48%), Phosphorus: 104.56mg (10.46%), Calcium: 71.96mg (7.2%), Vitamin C: 4.66mg (5.65%), Zinc: 0.77mg (5.15%)