



Pumpkin Ricotta Gnocchi

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup winter squash homemade canned cooked (or)
- ☐ 1 cup ricotta whole for best results (use milk)
- ☐ 2 large eggs
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup pecorino cheese
- ☐ 3 cups cake flour italian all-purpose
- ☐ 2 teaspoons sage fresh minced
- ☐ 0.3 cup butter unsalted

☐ 4 servings bell pepper black to taste

Equipment

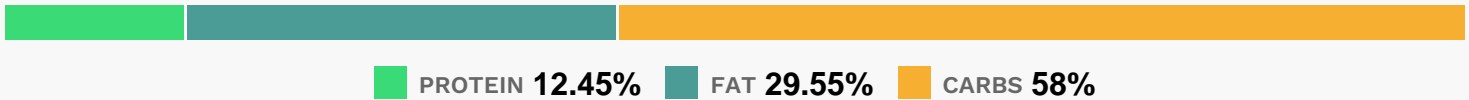
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ spatula
- ☐ slotted spoon
- ☐ skimmer

Directions

- ☐ Make the pumpkin ricotta gnocchi dough:
- ☐ Mix the pumpkin puree, ricotta, parmesan, eggs and salt together in a large bowl.
- ☐ Add 2 cups of the flour and mix well with your hands. The dough should be very sticky, impossible to work.
- ☐ Add another half cup of flour and mix that in — you want the dough to still be pretty sticky, but pliable enough to shape into a large log.
- ☐ If it's not, keep adding a little flour at a time until you can get a soft dough that will be rollable. It should never require more than 4 cups of flour. Cover the dough with a damp towel.
- ☐ Bring a pot of salty water to a boil: Bring a large pot of water to a boil, then add enough salt to it so that the water tastes salty.
- ☐ Let this simmer while you make the gnocchi.
- ☐ Roll out the dough and cut the gnocchi: To make the gnocchi, spread some flour on a large work surface and have more flour ready.
- ☐ Cut the dough log into four equal pieces.
- ☐ Take one piece and cut it in half.
- ☐ Roll the piece of dough into a snake about 1/2 inch thick, then cut it into pieces about the width of a fork.

- ☐ Use the back of a fork to create indentations in the gnocchi: Dust the gnocchi with a little flour, then use one finger to push the dumpling up onto the tines of a fork.
- ☐ Let the gnocchi drop back to the work surface.
- ☐ This does two things: It makes the dumpling a little thinner and lighter, and it creates depressions and ridges that sauce can hold onto.
- ☐ If all this is too much bother for you, skip it. The gnocchi will not be quite as good, but they'll still taste fine.
- ☐ Boil the gnocchi: Using a metal spatula, gently pick up a few gnocchi at a time and drop them into the water. Increase the heat to a rolling boil.
- ☐ Boil these gnocchi until they float, then remove them with a slotted spoon or spider skimmer.
- ☐ Lay the cooked gnocchi on a baking sheet and toss with a little olive oil so they don't stick together.
- ☐ Repeat! Now go back to the next big chunk of dough and repeat the process. It is important to boil gnocchi in small batches so they don't stick to each other.
- ☐ Sauté gnocchi in butter: When all the gnocchi are made, heat the butter over medium-high heat until it stops frothing.
- ☐ Add enough gnocchi to the pan to cover it in one layer. Do not let them stack up on each other.
- ☐ Let them fry undisturbed for 90 seconds.
- ☐ Sprinkle half the sage over the pan. Cook for another minute, then turn out onto plates. Repeat with the remaining gnocchi.
- ☐ Keep warm in oven: If you have to do this in several batches, keep the finished gnocchi on baking sheet in the oven set on Warm.
- ☐ Serve as soon as they're all done, dusted with black pepper and the truffle salt, if you have it.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:52.91, Inflammation Score:-10, Nutrition Score:29.85956540315%

Nutrients (% of daily need)

Calories: 567.83kcal (28.39%), Fat: 18.55g (28.54%), Saturated Fat: 10.46g (65.39%), Carbohydrates: 81.95g (27.32%), Net Carbohydrates: 78.14g (28.42%), Sugar: 4.64g (5.15%), Cholesterol: 137.32mg (45.77%), Sodium: 1302.29mg (56.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.17%), Copper: 3.23mg (161.69%), Vitamin A: 6902.18IU (138.04%), Selenium: 41.97µg (59.95%), Vitamin B1: 0.85mg (56.36%), Folate: 200.16µg (50.04%), Manganese: 0.89mg (44.27%), Vitamin B2: 0.7mg (41.34%), Vitamin B3: 6.34mg (31.7%), Iron: 5.38mg (29.91%), Phosphorus: 283.31mg (28.33%), Calcium: 209.11mg (20.91%), Fiber: 3.81g (15.24%), Vitamin C: 12.42mg (15.06%), Magnesium: 55.8mg (13.95%), Vitamin B5: 1.3mg (13.01%), Potassium: 449.12mg (12.83%), Vitamin B6: 0.22mg (10.9%), Vitamin B12: 0.65µg (10.77%), Vitamin E: 1.55mg (10.3%), Zinc: 1.51mg (10.1%), Vitamin D: 1.42µg (9.43%), Vitamin K: 2.48µg (2.37%)