



Sweet Potato Gnocchi with Fried Sage and Shaved Chestnuts

READY IN



1500 min.

SERVINGS



6

CALORIES



430 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup honey with an adjustable-blade slicer or a sharp vegetable peeler very thinly sliced
- ☐ 1 large eggs
- ☐ 1.5 cups flour for dusting all-purpose plus more
- ☐ 0.5 teaspoon nutmeg grated
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup parmesan grated plus more for serving
- ☐ 1.3 pounds baking potatoes (baking potatoes)
- ☐ 1 cup sage (from 1 bunch)

- ☐ 0.8 pound sweet potatoes and into
- ☐ 2 tablespoons butter unsalted

Equipment

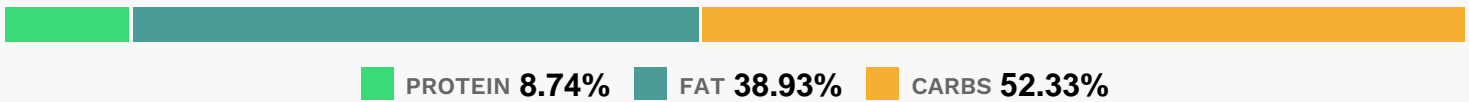
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ slotted spoon
- ☐ potato ricer

Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Pierce russet and sweet potatoes in several places with a fork, then bake in a 4-sided sheet pan until just tender, 45 minutes to 1 hour.
- ☐ Cool potatoes slightly, then peel and force through ricer into sheet pan, spreading in an even layer. Cool potatoes completely.
- ☐ Lightly flour 2 or 3 large baking sheets or line with parchment paper.
- ☐ Beat together egg, nutmeg, 1 teaspoon salt, and 1/2 teaspoon pepper in a small bowl.
- ☐ Gather potatoes into a mound in sheet pan, using a pastry scraper if you have one, and form a well in center.
- ☐ Pour egg mixture into well, then knead into potatoes. Knead in cheese and 1 1/2 cups flour, then knead, adding more flour as necessary, until mixture forms a smooth but slightly sticky dough. Dust top lightly with some of flour.
- ☐ Cut dough into 6 pieces. Form 1 piece of dough into a 1/2-inch-thick rope on a lightly floured surface.
- ☐ Cut rope into 1/2-inch pieces. Gently roll each piece into a ball and lightly dust with flour.

- ☐ Repeat with remaining 5 pieces of dough.
- ☐ Turn a fork over and hold at a 45-degree angle, with tips of tines touching work surface. Working with 1 at a time, roll gnocchi down fork tines, pressing with your thumb, to make ridges on 1 side.
- ☐ Transfer gnocchi as formed to baking sheets.
- ☐ Heat oil in a 12-inch heavy skillet over medium heat until it shimmers. Fry sage leaves in 3 batches, stirring, until they turn just a shade lighter and crisp (they will continue to crisp as they cool), about 30 seconds per batch.
- ☐ Transfer to paper towels to drain. Season lightly with salt.
- ☐ Fry chestnuts in 3 batches, stirring, until golden and crisp, about 30 seconds per batch.
- ☐ Transfer to paper towels to drain. Season lightly with salt. Reserve oil in skillet.
- ☐ Add butter to oil in skillet with 1/2 teaspoon salt and cook until golden-brown, 1 to 2 minutes.
- ☐ Remove from heat.
- ☐ Add half of gnocchi to a pasta pot of well-salted boiling water and stir. Cook until they float to surface, about 3 minutes.
- ☐ Transfer with a slotted spoon to skillet with butter sauce. Cook remaining gnocchi in same manner, transferring to skillet as cooked.
- ☐ Heat gnocchi in skillet over medium heat, stirring to coat.
- ☐ Serve sprinkled with fried sage and chestnuts and grated cheese.
- ☐ •Uncooked gnocchi can be frozen (first in 1 layer on a baking sheet, then transferred to a sealable bag) up to 1 month. Do not thaw before cooking. •Chestnuts can be sliced 1 day ahead and kept in an airtight container at cool room temperature. •Sauce and topping can be halved; make full recipe of gnocchi and freeze half of it.

Nutrition Facts



Properties

Glycemic Index:61.46, Glycemic Load:38.29, Inflammation Score:-10, Nutrition Score:22.558260886565%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 429.99kcal (21.5%), Fat: 18.69g (28.76%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 56.53g (18.84%), Net Carbohydrates: 52.57g (19.12%), Sugar: 3.17g (3.52%), Cholesterol: 44.81mg (14.94%), Sodium: 138.41mg (6.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.89%), Copper: 6.83mg (341.57%), Vitamin A: 8252.08IU (165.04%), Manganese: 0.76mg (37.91%), Vitamin B1: 0.39mg (26.08%), Vitamin B6: 0.51mg (25.29%), Selenium: 15.17µg (21.67%), Folate: 85.83µg (21.46%), Potassium: 684.68mg (19.56%), Iron: 3.19mg (17.72%), Phosphorus: 172.72mg (17.27%), Vitamin B2: 0.28mg (16.61%), Vitamin B3: 3.25mg (16.26%), Fiber: 3.96g (15.85%), Vitamin E: 2.11mg (14.08%), Magnesium: 52.69mg (13.17%), Calcium: 121.67mg (12.17%), Vitamin C: 9.95mg (12.06%), Vitamin B5: 1.07mg (10.71%), Vitamin K: 10.49µg (9.99%), Zinc: 1.01mg (6.74%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.26µg (1.76%)