

Baked sweet potato gnocchi with Shropshire blue

Ingredients for 4 portions

For the gnocchi

- 1 kg sweet potatoes
- 350 grams flour + some extra flour for dusting
- 1 garlic bulb
- 3 tbsp olive oil
- 50 grams butter
- 1 cup crème fraîche, 250 grams
- 150 grams Shropshire blue cheese
- 100 grams rocket
- 4 bunches of fresh herbs such as chives, parsley or basil, finely chopped.



Preparation

- Preheat the oven to 200 degrees. Wash and dry the sweet potatoes. Brush them all over with olive oil and prick them with a fork here and there. Cut the top off the garlic bulb.
 - Place the garlic and sweet potatoes on an oven rack and put them in the oven for 50 minutes to cook through (they're cooked when they feel soft). Remove the skin immediately.
 - Mash the sweet potato into a dry puree using a fork or potato masher. If the sweet potatoes are very damp, leave to evaporate thoroughly.
 - Squeeze the garlic cloves out of their skins and mix them through the sweet potato puree. Season the puree with salt and pepper.
 - Sieve the flour over the sweet potato puree and knead into a firm but supple dough; don't knead for too long, since this will make it tough. Divide the dough into quarters or eighths, roll into balls on a flour-covered work surface. Then roll it into thin cylinders approx. 1.5 cm thick. Cut the cylinders into 2 cm lengths and press grooves into them on 1 side using the back of a fork.
- Tip:** If the dough is too flaccid you can firm it up by briefly placing it in the freezer and then cutting it.
- Boil the gnocchi in a large pan with salt for 2½ minutes. Drain the gnocchi in a colander. Melt the butter in a frying pan and brown the gnocchi in this with a pinch of salt. Place the gnocchi on a large plate and serve with a dollop of crème fraîche, the crumbled cheese, the rocket and the fresh herbs.



Preparation time: 90 minutes

Nutritional value for one portion:

1000 kcal/4200 kJ, 23 g protein, 46 g fat, 117 g carbs

American Sweet Potato Marketing Institute

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