

Sweet potato gnocchi with bolognese

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Recipe type: gnocchi

Prep time: 30 mins Cook time: 15 mins Total time: 45 mins

Serves: 3-4

A fall inspired sweet potato gnocchi dish with a quick and easy cinnamon flavored beef bolognese sauce.

Ingredients

Sweet Potato Gnocchi

- 2 large sweet potatoes
- 1 egg
- 1/2 teaspoon kosher salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/3 cup grated parmesan
- 1/2 cup almond flour
- 1/2 cup buckwheat flour
- 1/4 cup coconut flour

Bolognese

- 1lb. ground beef (I use 85% lean)
- 1 tablespoon extra virgin olive oil
- 1 clove garlic, minced
- 1 small yellow onion, chopped
- 3 small carrots, chopped
- 2 large tomatoes, chopped
- 1 tablespoon fresh rosemary, chopped
- 2 tablespoons fresh parsley, chopped
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1 tablespoon tomato paste
- salt & pepper to taste

Instructions

Sweet Potato Gnocchi

1. Clean and scrub potatoes well. Poke holes around the outside of each potato using a fork or knife. Wrap loosely in a paper towel and microwave until fork tender. This took me two rounds of the "potato" setting on my microwave.
2. Remove potatoes from microwave, set aside and let cool.
3. Once cooled, scoop flesh out of skins and transfer to a medium bowl.
4. Mash sweet potato until smooth.
5. Add remaining ingredients and mix until dough forms. Turn dough out onto a floured surface and knead into a ball. Add additional flour as needed to get the dough into a workable state so that it's not too sticky. I added about 2-3 tablespoons of buckwheat flour.
6. Generously flour a surface and cut the ball of dough into 4 sections.
7. Roll each section out into a long, even snake-like roll.
8. Using a knife, cut off in 1/2-1 inch sections.
9. You can leave gnocchi as is or roll each section with your thumb along the tines of a fork (see video above) to get the standard lines.
10. Set gnocchi pieces aside on a parchment lined sheet pan.
11. You can freeze them at this point and cook off later (from frozen) or, bring a large pot of salted water to a boil and cook until they start to float (about 3 minutes).
12. Remove gnocchi from cooking water carefully with a slotted spoon or strainer and transfer to a serving bowl.

Bolognese

1. Add olive oil to a large skillet over medium-high heat.
2. Once hot, add garlic, onions and carrots and saute for 3 minutes until softened.

3. Add ground beef and cook until browned. Drain fat from pan carefully if desired at this point.
4. Add tomatoes, rosemary, parsley, seasonings and tomato paste and simmer over medium-low heat for about 10 minutes.
5. Top gnocchi with spoonfuls of bolognese and serve.

Notes

-Potatoes could also be cooked by roasting if you'd rather not use a microwave. Prep time will obviously increase if doing so. -You could easily substitute whole wheat or all purpose flours for the almond/buckwheat/coconut mixture.

Recipe by Running to the Kitchen at <http://www.runningtothekitchen.com/2012/08/sweet-potato-gnocchi-with-bolognese/>