

Autumnal pumpkin gnocchi

Spicy, homemade pumpkin gnocchi meet a fruity, aromatic orange and mustard sauce. Refined with roasted pumpkin seeds and sage leaves, this dish is a real treat for autumnal days!

Zutaten
4 Portionen

Gnocchi ingredients
500 g Potatoes, floury
250 g Hokkaido pumpkin (without core and skin)
2 EL Byodo Roast Olive Mediterranean
150 g Flour
1 Egg
1 TL Byodo Premium Organic Sea Salt
Sauce ingredients
150 g Hokkaido pumpkin (without core and skin)
100 ml Orange juice
100 g Creme fraiche
1 TL Byodo orange mustard
Pumpkin seeds
4 EL Byodo Roast Olive Mediterranean
20 Leaves Sage
Hemp seeds

Zubereitung

Gnocchi

Wash the potatoes thoroughly. Bring salted water to the boil in a pan and cook the potatoes for approx. 30 minutes until they are done. Meanwhile, wash the pumpkin, remove the core, peel and roughly dice. In the end, you will need 400 g of pumpkin for the whole recipe. Mix the pumpkin for the gnocchi and the sauce with roast olive and bake for 25 minutes at 160° C fan oven.
Leave the potatoes to cool briefly after cooking and peel.

For the gnocchi, press the potatoes through a potato ricer. Mash 250 g pumpkin with a fork. Leave to cool slightly. Mix in the flour, egg and salt and knead into a homogeneous dough. If the dough seems too soft, cover and chill for 10 minutes. Divide the dough into quarters and shape into finger-thick rolls on a floured work surface. Use a knife or spatula to cut gnocchi about 2 cm wide. Roll the gnocchi into small, flat balls.

Bring a large pan of salted water to the boil and cook the gnocchi in batches. When they float to the top, remove them with a slotted spoon.

Sauce

To make the sauce, place the remaining pumpkin, orange juice, crème fraîche and orange mustard in a blender and puree to a creamy sauce.

Roast the pumpkin seeds without oil in a pan until they are fragrant. Put to one side.

Then heat 4 tbsp of frying olive and fry the gnocchi. When they start to color, add the sage and fry. Spread the sauce on four plates and arrange the gnocchi with the sage on top. Top with the roasted pumpkin seeds and hemp seeds and serve immediately.

