

Gluten-Free Sweet Potato Gnocchi

Swick

Serves 6 | Active Time: 1 hour | Total Time: 1 hour

Chef's Notes

Have extra? Once cut and shaped, place on flat plate or pan and put into the freezer until firm. Once firm, transfer to a sealed container or sealed plastic bag for future use.

Step 1: Preparing the Dough

- 2 large sweet potatoes (approx. 2 1/2 cups)
- 2 to 4 cups all-purpose Gluten-Free Flour*
- 1/4 cup nutritional yeast
- 1/2 tbsp onion powder or granules
- 1/4 tsp cinnamon
- 1 tbsp olive oil
- sea salt, to taste

First, dry bake the sweet potatoes to avoid steaming. You need them to dry out a bit before using. Once baked, cool and remove the skin.

Next, place the potatoes in bowl and mash, making sure all lumps are removed. Add in the Gluten-Free Flour, yeast, onion powder, cinnamon, olive oil and salt and mix thoroughly.

Note: If gluten is not an issue for you, regular all-purpose flour can also be used instead of gluten-free flour.

*The amount of flour needed for the gnocchi will vary based on how much potato you have, how dry the potatoes become once baked etc. Typically, you will need at least 3 cups of flour, but again, the amount will vary. Just be sure the mixture forms a ball but is not too sticky. If the mixture is a bit too sticky, add a touch more flour. If it breaks apart easily, you may need to add a bit more moisture. Adjust as needed, to get a smooth, solid ball of dough.

Also note that the more you practice with this recipe, the more familiar you will become with how the dough should feel etc.

Step 2: Shaping & Cooking the Gnocchi

- corn meal or more gluten-free flour for rolling. Watch this video on Cutting & Shaping Gnocchi for a visual guide of how to cut and shape the gnocchi dough.

To form the gnocchi, on a clean and dry surface such as a countertop, sprinkle either corn meal or gluten-free flour to coat the surface. Cut dough in quarters. Gently roll each quarter out into 1/2-inch thick ropes, adding more flour to dust the surface as needed. With a knife or pastry cutter, slice ropes into 1/2 to 1-inch gnocchis. Once cut, you may choose to roll with a fork to create ridges on the gnocchi.

To cook the gnocchi, bring a pot of salted water to a boil. Drop in a handful of gnocchi at a time. Make sure to gently stir with a slotted spoon so they do not sink to the bottom. *Since these are gluten-free they are a bit heavier than the traditional wheat gnocchi. Remove the gnocchi when they float to the top (about 2 to 3 minutes). Repeat until all gnocchi are cooked.

Once cooked, toss with a bit of non-dairy butter and chopped fresh herbs, or your choice of sauce, before serving. Alternatively, sauté on high heat for a slightly crispy finish.