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# SWEET POTATO GNOCCHI

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## Gnocchi

1. Roast sweet potato – 180C, 45m
2. Reserve pulp. 700g potato should yield 450g roasted pulp
3. Combine warm pulp with sugar and C.lactate – blend till smooth
4. Blend in butter when temperature drops below 40C
5. Fill a piping bag with a gnocchi-dia. nozzle
6. Refrigerate

## Finishing

7. Pipe into alginate, cutting off 2.5cm lengths as you go
8. Set for 2m
9. Store in corn oil (see comments)
10. Warm gently in oil to serve

## COMMENTS:

11. Consider alternative to corn oil if serving with a fat-free consommé
12. Sweet potato mixture can be prepared the day before. Easy to squeeze out into alginate using piping bag close to service. Can be stored in water. Work at room temperature or heated. If heated the butter will melt and the gnocchi will be more liquid-like.
13. Brown butter consommé recipe separate

## Components

Sodium alginate – 0.5% (500g; 2.5g)  
Sweet potatoes – 450g after cooking  
Sugar – 55g  
Butter – 135g  
Calcium lactate – 13.5g\*  
Corn oil

\* was gluco-lactate in the original