

butternut squash gnocchi + apples

For this recipe, we will be ambitious and make gnocchi! It sounds complicated but is surprisingly easy to make. The secret is to use as little flour as possible... You will see approximate measurements for the flour because the amount of flour will depend on the fall weather outside! ... **Have fun and happy cooking!** – Erin, Food Geek in Chief

measure+crack+mix

Grown-ups: Pre-heat a **large pot of salted water** on the stove until it comes to a full boil. Have kids measure together about **1 C flour**, **1 tablespoon of salt**, **¼ teaspoon of nutmeg**, **¾ cup of parmesan cheese** and **1 package of frozen (thawed) butternut squash*** into a bowl. Crack in **1 egg**. Having kids use their very clean hands to mix and form into a ball of dough. If the dough is too sticky, add a bit more flour at a time, mixing thoroughly with your hands. The trick to tender and delicious gnocchi is by using the least amount of flour possible.

* Or: Roast your own butternut squash by cutting it half, scoop out the seeds, add salt + pepper and a drizzle of olive oil and roast in a 400 degree oven for 1 hour - Scrape out the cooked + cooled butternut squash and add to the gnocchi recipe.

play+roll+cut

Have kids divide the dough into 4 balls and then roll the dough balls into a long, even 'snakes' or 'ropes' that are about 1/2 inch thick. Have kids cut gnocchi into very small sizes with a butter knife. Press tiny thumbs into the back of each gnocchi. The dents help hold the butter sauce on the gnocchi OR gently roll the tines of a fork over each gnocchi to make little groves to hold the sauce. Sprinkle gnocchi with flour so they won't stick together. Set to the side.

chop+float

Have kids chop up **2 granny smith apples** into small pieces that are about the same size as the gnocchi. Add the apples and the gnocchi to the boiling salted water and cook for about 2-3 min... **When the gnocchi float, they are done!**

kid-made sage ricotta butter

tear+shake, shake, shake, shake,

While the gnocchi cooks, have kids tear or chop **1 fresh sage leaf**. **Fill a small glass or plastic jar with a tight fitting lid ½ full with heavy whipping cream**. Add **1 tsp salt** and the chopped fresh sage to the cream. Have the kids shake, shake, shake, shake until it becomes butter. Do a dance or sing a song but shake, shake, shake! This will take about 5 minutes of heavy shaking. Drain off excess liquid (the buttermilk!) from the fresh butter.

stir+serve

Stir in **½ cup of ricotta cheese**, **2 heaping tablespoons of grated parmesan cheese** and a **pinch of pepper** into the fresh butter. Serve the hot butternut squash gnocchi + apples with a dollop of sage ricotta cheese butter on top. **Molto Buono!** ("Very Good!" in Italian)

more...



fun food facts:

- **Butternut squash originated in Mexico or Guatemala.** Originally, the seeds were eaten and the flesh of the squash was not
- **GREAT source of vitamin A,** and also contains vitamin C, fiber, potassium, manganese and folate. Also rich in beta-carotene, known for antioxidant and anti-inflammatory health benefits
- **Butternut squash is available August through March,** though typically butternuts are at peak quality and availability in October, so try it now!
- **Butternut squash** is in the same family as melons and cucumbers
- **Although most people** discard the skin and seeds of butternut squash, the seeds are edible and quite tasty, especially if roasted and lightly salted like pumpkin seeds.
- **It is said that the gnocchi** (noh-key) is perhaps one of the oldest recipes found in recorded history.
- **As with many Italian dishes,** region can play a large role in the type of gnocchi you can find. Gnocchi are various thick, soft dumplings. They may be made from semolina, ordinary wheat flour, potato, bread crumbs, or almost any ingredient!
- **The word gnocchi** may derive from the Italian word nocchio, meaning a knot in wood, or from nocca (meaning knuckle).

Knock, Knock! Who's there? **No!** No who?

Gnocchi (no-key!)-Gnocchi (no-key!)-Gnocchi (no-key!) I HAVE NO KEY!



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