



Gluten-Free Carolina Candy Roaster Gnocchi

Light, tender gnocchi with gently crisped edges, finished in brown butter and sage

INGREDIENTS

- 1 1/2 cups Carolina Candy Roaster purée, cooled
- 3/4-1 cup gluten-free flour blend or oat flour, plus more for dusting
- 1 large egg
- 3/4 tsp sea salt
- 2 tbsp unsalted butter
- 1 tbsp extra-virgin olive oil (to prevent butter from burning)
- 6-8 fresh sage leaves

Rooted
in
Wellness

☞ Phoebe

DIRECTIONS

1. Combine cooled squash purée, egg, and salt in a bowl.
2. Gradually fold in gluten-free flour until a soft, shapeable dough forms.
3. On a lightly floured surface, roll dough into ropes and cut into bite-size pieces.
4. Boil gnocchi in salted water until they float, 1-2 minutes. Remove with a slotted spoon.
5. In a wide skillet, heat butter and olive oil over medium heat until butter begins to brown lightly. Add sage leaves and cook until fragrant.
6. Add gnocchi to the pan and sauté gently until edges are lightly crisped and coated in the brown butter.

FLAVOR PROFILE

Soft and pillowy with crisp edges; nutty, aromatic, and naturally sweet.

CHEF TIP

Use a butter–oil blend to control browning. Add sage just before the butter fully browns to prevent bitterness.