

SWEET POTATO GNOCCHI

Ingredients

- 3 tablespoons butter
- 3 tablespoons olive oil
- 1 medium onion – approx. 1 cup
- 3 large peeled and diced sweet potatoes – approx. 4 rounded cups
- 6 garlic gloves minced
- 1 cup Sherry
- 2 ½ cups vegetable or chicken broth – divided
- 1/8 teaspoon nutmeg
- 1/8 teaspoon white pepper
- 1 teaspoon sea salt
- 1 cup heavy cream
- 1-2 lbs cooked gnocchi (Pastene makes a great one)



To me this recipe is the ultimate of comfort food. The wonderful balancing act of the sweet potato, sherry, undertones of earthy nutmeg and the creamy soft gnocchi are magnificent. But it is the sprinkle (or spoonful!) of fresh parmesan that make this dish unforgettable. Known as one of the world's healthiest foods, full of beta carotene and vitamin C, sweet potatoes are a powerhouse of antioxidants. Try this recipe with a simple salad and a glass of cabernet. Enjoy.

Directions

Peel and cube sweet potato – set aside. In a large sauce pan heat olive oil and butter to medium high. Add onion and sauté for 2-3 minutes. Add sweet potato and sauté for 6-8 minutes, stirring frequently, sweet potato will begin to brown very slightly. Add garlic and sherry, stir and simmer for 2 minutes. Add 2 cups of broth, salt, nutmeg, and white pepper, stir, simmer and cover for 10 - 12 minutes, or until the sweet potatoes are fully cooked and break easily with a fork.

Carefully transfer sweet potato and liquids to a blender, puree and return to the sauce pan, whisk in ½ cup of the remaining broth. Simmer for 2-3 minutes. Add one cup heavy cream heat an additional minute. Serve over hot cooked gnocchi and top with fresh parsley and fresh grated parmesan cheese.

This batch of sauce is enough for 2 pounds of cooked gnocchi. Store sauce in the refrigerator for up to one week.