



Pumpkin Gnocchi with Crispy Sage Pistachio Sauce

Lightly spiced autumn pumpkin dumplings with crisp sage pistachio sauce

Pumpkin Gnocchi

- 1 cup pumpkin puree
- 1 teaspoon sea salt
- 1/4 teaspoon ground nutmeg
- 1 cup semolina flour or as needed

Pistachio Sauce

- 9 fresh sage leaves
- 1 cup raw pistachios
- 1 teaspoon sea salt
- 2 cups almond milk, divided
- 1/8 teaspoon freshly grated nutmeg or to taste

Garnish: as desired fresh thyme sprouts, 1 Roma tomato, seeded, sage leaves

Make the Gnocchi Dough:

- In a large mixing bowl, combine the pumpkin puree with salt and nutmeg; mix well. Set aside about 3 Tablespoons semolina flour; slowly stir in remaining flour until you have a soft dough. Remember the less flour you add, the lighter the gnocchi will be.
- Let the dough rest, covered for 30 minutes; set aside.

Prepare the Pistachio Sauce:

- Place sage leaves in lightly greased skillet; cook over medium/high heat until dried and crisp, remove; set aside. Crumbled leaves will be about 1 Tablespoon.
- Place pistachios in skillet over medium low heat, stir constantly just until they smell aromatic. Remove from heat and place in a blender or food processor with the crumbled sage; process about 2 minutes; then add salt and 1-1/2 cups almond milk. Process to blend until smooth, about 1 minute.
- Transfer pistachio puree into a medium sized saucepan; add in remaining 1/2 cup almond milk and nutmeg; bring to a boil; reduce heat; cook on low heat until thickened, about 10 to 12 minutes, stir occasionally.

Shape and Cook Gnocchi:

- On a lightly floured pastry sheet, toss dough adding reserved semolina flour as needed; then divide dough into 4 equal size portions.
- Lightly flour the pastry sheet, roll out each portion of dough into a 1-inch diameter log of dough.
- Cut the logs into 1/2-inch pieces to create the gnocchi.
- Heat a large pot of water to boil; drop some of the gnocchi in boiling water. Cook until they float to the top and are cooked. With a spider spoon, remove from water; continue cooking any remaining gnocchi.

Serve the Gnocchi and Sauce:

- To serve: spoon part of the sauce over the cooked gnocchi; toss lightly. Place in serving bowl, drizzle with some sauce; serve remaining sauce on the side. Garnish the dish with seeded tomato wedges, sage leaves, and thyme sprouts.
Serves: 4

Cook's Note: The amount of semolina flour you use depends on the humidity and temperature of the room. If you don't add enough flour, they will break apart when you cook them. However, remember to use a light hand when adding the flour if you want light gnocchi. The reason you don't add all the milk to the food processor is that certain food processors will leak if you add too much liquid.

Recipe Inspired by: Dr. Koufman's Acid Reflux Diet with vegan & gluten-free recipes

About the Recipe: Autumn pumpkin gnocchi combines pistachio flavored sauce with crispy sage to brighten dinner with light toasty flavor. Garnish with fresh tomato wedges, thyme sprouts, and sage leaves.