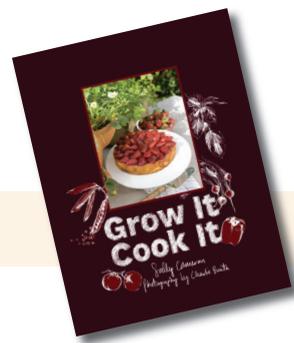


Eat What You Sow

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Silver Beet & Potato Gnocchi

I find that these take time to prepare, but the small morsels are filling and flavoursome and a wonderful meal on a cold winter's night.

Serves 4

900 g baking potatoes
1 kg silver beet, leaves only
200 g plain flour
1 tsp salt
1/4 tsp ground nutmeg
to serve, Parmesan, freshly grated

Sage butter

100 g butter, melted
8–10 fresh sage leaves

Preheat oven to 200°C/400°F. To make gnocchi, scrub potatoes well and prick outside with a fork. Bake directly on an oven rack until soft, for about 1 hour. While potatoes are still hot, split in half and scoop out soft flesh. Push pulp through a sieve using the back of a spoon.

Bring a large pan of water to boil. Remove centre white stalk from silver beet leaves and finely shred. Drop leaves into water and cook for 2–3 minutes, until tender. Pour into colander and drain well. Allow to cool slightly and then squeeze out any extra water by wrapping leaves in a tea towel and squeezing hard. Chop finely.

Place potato and silver beet in a large bowl and add flour, salt and nutmeg. Stir vigorously, then turn out onto a work surface and knead until smooth and blended. Bring a pot of well-salted water to a simmer in a large saucepan. Roll about 2 tbsp of dough into a cylinder 2 cm wide. Cut into pieces 2 cm long. Roll each piece against the tines of a fork while pressing a small dent on the opposite side with your finger.

Drop gnocchi into simmering water and cook until they float, about 2 minutes. They should hold a firm shape and be chewy to bite. If they turn out slimy and soft, knead more flour into dough then test again. Cook remaining gnocchi, and drain well. Serve immediately on warm plates or bowls drizzled with sage butter and garnished with some Parmesan.

To make sage butter, heat butter in a saucepan and when it is just about to boil, reduce heat. Add sage leaves. Cook for a few seconds, turning the sage leaves, until they are crisp.

