

Sweet Potato Gnocchi Recipe: A Southern Twist on an Italian Classic

This recipe serves 4 and takes about 30 minutes to prepare and 20 minutes to cook.



OVEN
400°F

TIME
30 min

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INGREDIENTS

- 2 medium sweet potatoes (about 1 pound)
- 1 ½ cups all-purpose flour (plus extra for dusting)
- 1 large egg
- 1 teaspoon salt
- ¼ teaspoon nutmeg (optional)
- ¼ cup grated Parmesan cheese (optional)

DIRECTIONS

- 1. Prepare the : Sweet Potatoes:** Start by preheating your oven to 400°F (200°C). Poke holes in the sweet potatoes with a fork and bake them for about 45 minutes, or until they are tender. Let them cool slightly before peeling.
- 2. Make the : Dough:** In a large bowl, mash the sweet potatoes until smooth. Add the egg, salt, and nutmeg (if using), and mix until well combined. Gradually add the flour, mixing until a soft dough forms. Be careful not to overwork the dough, as this can make the gnocchi tough.
- 3. Shape the : Gnocchi:** On a floured surface, divide the dough into four pieces. Roll each piece into a long rope, about 1/2 inch thick. Cut the ropes into 1-inch pieces. You can use a fork to create ridges on each piece, which helps hold the sauce later.
- 4. Cook the : Gnocchi:** Bring a large pot of salted water to a boil. Carefully drop the gnocchi into the boiling water in batches. They are done when they float to the surface, which usually takes about 2-3 minutes. Remove them with a slotted spoon and set aside.
- 5. Serve:** Toss the cooked gnocchi with your choice of sauce or simply sauté them in butter with fresh herbs for a simple yet delicious finish.

TIPS FOR SUCCESS

- Use Fresh Sweet Potatoes:** The fresher the sweet potatoes, the sweeter and more flavorful your gnocchi will be.
- Experiment with Flours:** For a gluten-free option, try using almond flour or a gluten-free all-purpose blend.
- Make Ahead:** You can freeze uncooked gnocchi.

Just place them on a baking sheet in a single layer, freeze until solid, then transfer to a freezer bag.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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