

BROWN BUTTER GNOCCHI WITH KALE

Gnocchi is an Italian pasta made of soft, pillow-like dumplings that are cooked in boiling water and then tossed in butter, herbs or sauce. Although other varieties exist, the most common form of gnocchi is made of potatoes and flour (Gnocchi di patate). Gnocchi is a fun, easy dough that can be made and cooked with many different vegetables, herbs and sauces.



Ingredients

- 1.5 lb potatoes
- 1 onion
- 4 Tbsp. butter
- 4-5 cloves garlic
- 6-7 sprigs of thyme
- 4 kale leaves

From your pantry

- 1/2-3/4 cup flour
- Olive oil
- Salt and pepper

Equipment:

- Large pot

PREPARATION: 30 MIN

COOKING: 30 MIN

READY IN: 60 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce.*

1. Wash and dry all produce. Peel and small dice **onions**. Mince or grate **garlic**. Remove **thyme leaves** from stem. Peel **potatoes** and cut into 1" pieces. Remove **kale leaves** from tough stems then small chop leaves.
2. Add potatoes to a large pot and cover with water. Cook for 15-20 min until very soft. Drain well. Grind or mash potatoes until no lumps remain. Season to taste. Sprinkle **1/4 cup flour** on the counter or cutting board. Scoop potatoes on top and knead to mix in the flour. As you are kneading add the other **1/4 cup flour** until a dough comes together. If your dough feels too soft add a little more flour and mix it in.
3. Fill previously used pot with water and bring to a boil. Season with a generous pinch of salt. When the water boils pinch off a piece of the dough, and boil it to make sure it will hold its shape. If it does not, knead in a bit more flour and try again; the gnocchi will float to the top and look a little raggedy when ready.
4. Roll a piece of the dough into a rope about 1/2-inch thick, then cut the rope into 1/2-inch pieces. Score each piece by rolling it along the tines of a fork; as each piece is ready, put it on a baking sheet lined with parchment or foil; try to keep the gnocchi from touching each other. This is a fun activity to do with kids!
5. In a separate large sauté pan, add **butter** and cook over low heat until browned, about 5-8 minutes. Add garlic, thyme and kale cook another few minutes until softened. Turn heat off and leave it ready.
6. Add the gnocchi to the boiling water a few at a time, and gently stir; adjust the heat so it doesn't boil too vigorously. A few seconds after they rise to the surface, they are done; remove them with a slotted spoon or strainer and transfer to the brown butter. Toss to incorporate and season to taste. Serve immediately.

Tips, Tricks, and Terms

It's all about that brown butter...

Browning butter is one of those simple techniques that takes a basic staple like fresh butter and turns it into a delicious and complex ingredient. This is great for things like this Brown Butter Gnocchi, tossing with other pastas or roasted vegetables, or even using in your next batch of cookies for another layer of flavor. Brown Butter is butter cooked until it has totally melted and the water has cooked out. At this point, the little bits of milk inside the butter will begin to toast, turning brown and developing nutty flavors. Be careful though! Brown butter can quickly turn to burnt butter if you're not keeping an eye on it.

Place butter in a saucepan or skillet over medium heat. Allow butter to melt and start to bubble and crackle. Once all the water has evaporated, the milk solids will begin to brown - watch carefully and remove from heat once the butter has turned golden brown and smells toasty - about 5 to 8 minutes.

A little about...

BUTTER: butter may have a rep as a high-fat, indulgent ingredient - but in moderation, this high-fat dairy product can be a delicious and satiating part of a healthy diet. High-fat dairy products have been linked to a reduce risk of obesity, diabetes, and heart disease. Just try to stick to about 1 Tablespoon/day.

KALE: just a quick reminder of what this powerhouse veggie brings to the table: TONS of Vitamin A, K, C, while low in calorie and high in fiber.



Appetite For Change is a community led nonprofit that uses food as a tool to build health, wealth, and social change in North Minneapolis and beyond. Through youth-led programs, community cooking workshops, urban ag, and social enterprise work, we build community capacity to make our own change.

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