

HONEYNUT SQUASH GNOCCHI

INSTRUCTIONS

1. Set the oven to 350 degrees.
 - If you have a convection oven, turn the fan on low or temperature to 375 degrees.
2. Uncover short rib and replace lid with foil
3. Place short rib in oven (Do not need to wait for oven to preheat)
4. Set vegetables to the side
5. Place squash puree in a large mixing bowl
6. Add all flour to the mixing bowl
7. Mix puree and flour together until you have a loose dough consistency
8. Heat up a pot of water on the stove on high
9. Sprinkle additional flour on table and knead dough
10. Cut dough into thirds
11. Begin rolling dough between your hands then transfer to your table and continue rolling
12. Cut gnocchi ½", roll dough 90 degrees and continue to cut then roll
13. Dust gnocchi with a little flour
14. Add tablespoon of salt to boiling water and drop gnocchis in pot
15. Occasionally stir gnocchis to avoid sticking together or falling to the bottom
16. Boil gnocchis until they float
17. Place vegetables in the oven to warm
18. Place butter or oil into saute pan
19. Once butter browns, place a little in a bowl and place gnocchis in bowl
20. Place gnocchis in saute pan with butter/oil
21. Remove vegetables from oven and place in saute pan
22. Place herbs in pan and mix
23. Scoop vegetables and gnocchis into a bowl
24. Remove short rib from the oven and place on top of your mixture, pour extra juice from pan
25. Top with parmesan cheese
26. Enjoy!

Dessert:

1. Place NC apple bread pudding in an oven-safe dish to warm in oven while preparing dinner
2. Turn off oven while eating
3. Remove from oven when ready to serve

HONEYNUT SQUASH GNOCCHI

MAINS

Fresh herbs (thyme, parsley and sage)

Flour

Butter

Honeynut squash puree

Seasoned vegetables

Braised short rib

DESSERT

NC Apple Bread Pudding

HONEYNUT SQUASH GNOCCHI

(VEGETARIAN)

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4. Add all flour to the mixing bowl
5. Mix puree and flour together until you have a loose dough consistency
6. Heat up a pot of water on the stove on high
7. Sprinkle additional flour on table and knead dough
8. Cut dough into thirds
9. Begin rolling dough between your hands then transfer to your table and continue rolling
10. Cut gnocchi ½", roll dough 90 degrees and continue to cut then roll
11. Dust gnocchi with a little flour
12. Add tablespoon of salt to boiling water and drop gnocchis in pot
13. Occasionally stir gnocchis to avoid sticking together or falling to the bottom
14. Boil gnocchis until they float
15. Place vegetables in the oven to warm
16. Place butter into saute pan
17. Once butter browns, place a little in a bowl and place gnocchis in bowl
18. Place gnocchis in saute pan with butter/oil
19. Remove vegetables from oven and place in saute pan
20. Place herbs in pan and mix
21. Scoop vegetables and gnocchis into a bowl
22. Top with parmesan cheese
23. Enjoy!

Dessert:

1. Place NC apple bread pudding in an oven-safe dish to warm in oven while preparing dinner
2. Turn off oven while eating
3. Remove from oven when ready to serve

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(VEGETARIAN)

MAINS

Fresh herbs (thyme, parsley and sage)

Flour

Butter

Honeynut squash puree

Seasoned vegetables

DESSERT

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(VEGAN)

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4. Add all flour to the mixing bowl
5. Mix puree and flour together until you have a loose dough consistency
6. Heat up a pot of water on the stove on high
7. Sprinkle additional flour on table and knead dough
8. Cut dough into thirds
9. Begin rolling dough between your hands then transfer to your table and continue rolling
10. Cut gnocchi ½", roll dough 90 degrees and continue to cut then roll
11. Dust gnocchi with a little flour
12. Add tablespoon of salt to boiling water and drop gnocchis in pot
13. Occasionally stir gnocchis to avoid sticking together or falling to the bottom
14. Boil gnocchis until they float
15. Place vegetables in the oven to warm
16. Place oil into saute pan
17. Once oil heats up, place a little in a bowl and place gnocchis in bowl
18. Place gnocchis in saute pan with oil
19. Remove vegetables from oven and place in saute pan
20. Place herbs in pan and mix
21. Scoop vegetables and gnocchis into a bowl
22. Enjoy!

Dessert:

1. Place NC apple bread pudding in an oven-safe dish to warm in oven while preparing dinner
2. Turn off oven while eating
3. Remove from oven when ready to serve

HONEYNUT SQUASH GNOCCHI

(VEGAN)

MAINS

Fresh herbs (thyme, parsley and sage)

Flour

Oil

Honeynut squash puree

Seasoned vegetables

DESSERT

NC Apple Bread Pudding