

# PAN- FRIED POTATO GNOCCHI, RED PEPPER CREAM, PINE KERNELS BASIL AND AGED PARMESAN



Serves 2

## INGREDIENTS LIST

1 x 500g fresh gnocchi  
Finely grated parmesan cheese  
1 tbsp Avonmore Professional Butter  
2 tbsp toasted pine nuts (optional)

## FOR THE SAUCE

1 tbsp Olive oil  
25g Avonmore Professional Butter  
2 medium shallots, finely diced  
1 clove of garlic, chopped  
1 large red pepper, finely diced  
250ml Avonmore Professional 15% Cooking cream  
150 ml chicken or vegetable stock  
Sea salt & freshly ground black pepper

100g Fresh basil pesto

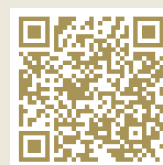
## AVONMORE PROFESSIONAL PRODUCT USED



15% Cooking  
Cream



Unsalted Irish  
Butter



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## THE RECIPE, STEP BY STEP

### 01

#### To make the sauce

1. Heat the oil and butter together in a saucepan over a medium heat.
2. Add the shallots & cook for 2 minutes without colour, add the garlic and cook for 1 minute.
3. Add the diced red pepper, cover with a lid and continue to sauté for 5 minutes over a medium heat.
4. Pour in the stock, replace the lid and simmer for 10 minutes.
5. Finally, add the Avonmore Professional 15% Cooking Cream, season to taste with sea salt & ground black pepper, then simmer for 5 minutes.
6. Remove from the heat and puree until completely smooth. Pass the sauce through a fine sieve into a clean saucepan.

Note: Correct the consistency of the sauce by adding more cream or vegetable stock if necessary.

### 02

#### To make the Gnocchi

1. Bring a saucepan of water to the boil. Add the gnocchi and cook until al dente.
2. Remove and refresh under cold water.
3. Remove the gnocchi from the water and pat dry using absorbent kitchen paper.
4. Pre heat a large non-stick frying pan and then add the Avonmore Professional Butter.
5. When the butter begins to foam, add the gnocchi to the hot pan, toss in the butter and colour on all sides.

### 03

#### To Serve

1. Serve the gnocchi in the centre of 4 warmed serving plates.
2. Spoon the hot sauce over and around the gnocchi.
3. Drizzle with fresh basil pesto, sprinkle with toasted pine nuts (optional) and grate some fresh parmesan over the gnocchi and serve.



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