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## Sweet potato wine sauce

In some homes in the United States, sweet potatoes are only served on Thanksgiving, although they are available year-round. Too bad. Sweet potatoes are one of the unsung heroes of a balanced diet. For a reasonable number of calories, you get a load of nutrients. Sweet potatoes contain carotenoids that seem to help stabilize blood sugar levels and lower insulin resistance, making cells more responsive to insulin. This may ultimately help with your metabolism. Sweet potatoes are filled with beta-carotene. Health benefitsThis starchy vegetables have bulk to keep your stomach full for hours. But its nutritional profile makes the calories worth it, especially since they are fat-free. Its fiber alone is enough to make a sweet potato worth eating. If a beta-carotene contest was held, sweet potatoes would tie carrots to first place. It can make them top-notch for fighting chronic diseases like cancer and heart disease, as well as disease related to inflammation, such as asthma and rheumatoid arthritis. Sweet potatoes are also rich in potassium and vitamin C; a small potato provides almost half of the daily allowance. Nutritional values for sweet potatoesServing Size: 1 potato (3 oz), baked Do you want more information about sweet potatoes? Try: Ad 01/19/2019 We prefer not to eat white potatoes, so I made it with all the sweet potatoes. It was amazing! This gnocchi was better than any we have had in any restaurant. I think it is that the sweet potatoes add such a distinct, and slightly sweet taste. Sage butter sauce is perfect too. I made enough that I put half in the freezer for later. I served the second act with a butter, sun-dried tomato, garlic sauce - also added some frozen peas. It was super! Today I'm doing some more of this gnocchi again. Thanks for this delicious recipe! 01/18/2020 I used gluten free flour and I had the sauce made early and sage soaking in it so there was more flavor to the sage butter sauce 05/28/2020 I made gnocchi according to the recipe exactly. It was good and the dough was easy to handle using rice flour. Gnocchi was very tender as I didn't use all the flour. But the taste was not as good as making with just sweet potato and omitting russet potato. I liked the taste of Chef John's Sweet potato gnocchi better with Sage butter sauce. I still have some gnocchi ready to cook and will try with a cheese sauce for the rest. 07/25/2020 I made this exactly for the recipes and it was great. only I would do, id add more fresh sage. 05/27/2018 It was the first time to make gnocchi for me. I think I used too much flour, and the result was that gnocchi proved too firm - almost rubbery. Also next time I'll probably use two sweet potatoes instead of using russet potato. 1 of 2 sweet potatoes Gnocchi with Sage-Butter Sauce Ana Cristina Wray 2 2 Sweet Potatoes Gnocchi with Sage-Butter Sauce dough 10/02/2018 We absolutely loved these! I served them with the second dipping sauce along with a chicken bowl and it was a hit! Will definitely keep in rotation. 1 of 2 Roasted Rainbow Sweet Potatoes with Dipping Sauce 2 Ways Sherry Fram 2 of 2 Roasted Rainbow Sweet Potatoes with Dipping Sauce 2 Ways Sherry Fram Instructions Checklist Kurt Wilson Ad - Continue Reading Under Yields: 1 Serving Total Time: 1 hour 55 minutes 2 tablespoons, olive oil 1/2 C roughly chopped carrots 1 C roughly chopped onions 1/2 C roughly chopped leeks, white portion only 1/4 C roughly chopped celery 1/4 C tomato puree 2 tbsp, chopped garlic 1 1/2 C dry red wine (such as merlot, andelfzin, or pinot noir) 2 cans (32 ounces each) non-fat chicken, beef or vegetable broth, or a combination of two 1 tsp, salt 1/2 finely ground black pepper 1 bay leaf 1 4 piece carrot 1 4 piece celery This ingredient shopping module is created and maintained by a third party and imported to this page. You may find more information about this and similar content on their website. Heat the oil in a large nonstick pan over medium-high heat. Add carrots and onions. Sauté until lightly browned, about 8 to 10 minutes. Add the leeks and celery. Sauté until tender, about 5 to 6 minutes. Mix in tomato puree and garlic. Continue to sauté until fragrant and well combined, about 2 to 3 minutes. Add 3/4 cup wine. Cook for 1 to 2 minutes until the sauce is thick. Add the remaining wine. Reduce the mixture by about a third by cooking over medium-high heat for 3 to 4 minutes. Add the broth, salt, pepper, bay leaf, and carrot and celery pieces. Raise the heat to high, cover, and bring to the boil, about 10 minutes. Uncover, and reduce the heat to a low boil. Cook, uncovered, 50 to 60 minutes, until the sauce is reduced by one half, or until it lightly coats a spoon. Strain the sauce, adjust the seasoning, and serve immediately. Or cool, and refrigerate for up to 2 days, or freeze up to 3 months. For a thicker sauce, whisk 2 tablespoons cornstarch with 4 tablespoons of cold water. Whisk it into simmering, strained sauce. Cook, stirring, for 2 to 3 minutes, until the sauce has thickened. This content is created and maintained by a third party and imported into this page to help users enter their email addresses. You may be able to find more information about this and similar content on piano.io Advertising – Continue reading below This fluffy polenta with sweet potatoes freezes for 6 weeks without loss of taste and texture. At only 15c a serving, it's economical, but special enough for the business. Ad - Continue reading below Yields: 8 servings Prep Time: 0 hrs 7 mins Cook Time: 1 hour 0 min Total Time: 1 hour 7 min 2 large sweet potatoes 1 c, frozen degreased chicken stock, thawed 1 c, yellow cornflour 3 c, boiling water 1/2 teaspoon, salt 1/2 c, Low fat mozzarella cheese 2 tbsp, grated Parmesan cheese This ingredient shopping module is created and maintained by a third party and imported on this page. You may find more information about this and similar content on their website. Preheat the oven to 400°F. Pierce the sweet potatoes several times with the tip of a sharp knife. Place on a large baking sheet. Bake for 45 minutes, or until very soft. Leave to cool, then peel. Place in a blender or food processor and process until smooth. Place the stock in a medium saucepan. Whisk in the cornflour until smooth. Whisk in the water and salt. Cook, stirring, over medium-high heat for 5 minutes, or until polenta thickens. Reduce the heat to low, cover, and cook, stirring often, for 10 minutes. Add the sweet potatoes. Stir in the mozzarella and parmesan. To freeze, pack the chilled cooked polenta in a freezer-quality plastic container. To use, thaw overnight in the fridge. Cover and microwave on high power for 3 to 5 minutes, or until hot; stop and touch once during this time. This content is created and maintained by a third party and imported into this page to help users enter their email addresses. You may be able to find more information about this and similar content on piano.io Advertising – Continue reading under Gran/Pete Scherer Sweet potato makes for a nutritious and satisfying replacement for pasta in this lasagne recipe. Even if your attitude to this kind of thing is if it's not broke, the odds are good that you'll enjoy this alternative version. White sweet potato is mildly sweet and pleasantly earthy, making it more flavorful by far than your average noodle. Like regular lasagna, this recipe takes time. But it also holds up well, so it's a good dish to prepare for a quick reheating on a busy weekday evening. For Sweet Potato Noodles: 12 ounces white sweet potato (peeled) Olive oil Salt and fresh pepper (to taste) For Sauce: 2 tbsp olive oil 1 medium yellow onion (small cubes) 1 celery stalk (small cubes) 1 medium carrot (small cubes) 1 pound ground beef 2 cloves garlic (finely chopped) 2 tablespoons tomato past 1 cup beef broth 1 splash white wine (optional) 1 tablespoon oregano (fresh, chopped) Salt and pepper For Béchamel and Filling: 2 tablespoons butter 2 tablespoons flour 1 1/2 cups milk Salt and pepper Optional: 1 pinch nutmeg 6 ounce ricotta cheese 1 cup parmesan cheese (grated) Collect the ingredients. Preheat the oven to 350 F. To make pasta, slice the sweet potatoes into thin flat strips reminiscent of plates of pasta using a mandoline. Place the strips in a bowl, drizzle with a little olive oil and season with salt and pepper. To make the sauce, heat two tablespoons of oil in a large frying pan over medium heat. Add the onion, celery and carrot. Sauté until slightly softened, about 5 Add the ground beef. Cook, stirring occasionally and breaking up until browned, about 5 minutes. Add the garlic and sauté for about 1-2 minutes more. Add tomato puree, beef broth, wine (if using), and oregano. Stir to integrate tomato puree. Season with salt and pepper. Bring the sauce to a low boil then reduce the heat to a simmer, stirring occasionally. In the meantime, prepare béchamel. Add the butter and flour to a small saucepan over medium heat. Whisk often as the butter melts. Cook for 2-3 minutes, stirring. As you whisk, very slowly add the milk to the pan. Whisking constantly, bring the sauce to the boil, then reduce the heat to medium-low. Season with salt and pepper. Continue to cook for about 3 minutes more, until the sauce is a little thick as gravy. Remove from the heat. If desired, add freshly grated nutmeg to taste. Reduce the red sauce further if necessary until the thickness of a fresh pasta sauce. Build lasagna in an 8 x 8-inch baking pan. Arrange the ingredients in layers as follows: béchamel, sweet potato, red sauce, and ricotta and parmesan. Repeat this sequence at least three times, saving a little cheese to the top. Top with a layer of the sweet potato. Brush the top slices with a little more olive oil and top with the rest of the cheese. Bake for 45 to 60 minutes. To test for doneness, simply insert a butter knife into the lasagna. It should easily penetrate the layers (with the exception of the top layer, which will be a bit chewy and crisp). Cool a few minutes and serve immediately. Store cooled leftovers in the fridge for up to a week or freeze in a sealed container for up to three months. a Rate This recipe I don't like this at all. It's not the worst part. Yes, this will do. I am a fan-would recommend. Great! I love it! Thank you for your rating! Rating!