



UCCOOK

Taphuis Umami Mushroom Gnocchi

with zesty crème fraîche sauce & an
umami marmite swirl

Taphuis' head chef brings you a flavour explosion you won't forget! This crisped gnocchi is awash with creamy sauce that's bursting with umami from soy and marmite (for some local charm!) and punctuated by the crunch of almonds and the tang of pickled peppers.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Stephen Fraser

 Vegetarian

 Lanzerac Estate | Syrah

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Ingredients & Prep

10g	Almonds
175g	Potato Gnocchi
20g	Green Leaves <i>rinsed</i>
1	Lemon <i>one ½ zested & cut into wedges</i>
125g	Portobellini Mushrooms <i>wiped clean & quartered</i>
65ml	Crème Fraîche
17,5ml	Umami Sauce <i>(5ml Marmite, 7,5ml Mushroom Soy Sauce & 5ml Maple Syrup)</i>
25g	Italian-style Hard Cheese <i>grated</i>
40g	Pickled Bell Peppers <i>drained & roughly chopped</i>
4g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. TOASTY ALMONDS Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. SOFT POCKETS OF DELIGHT Boil the kettle. Place a pot for the gnocchi over a high heat. Fill with boiling water and add a pinch of salt. Once bubbling rapidly, cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain on completion, setting aside 65ml of the pasta water for step 3. Pat the gnocchi dry with paper towel (this helps to prevent sticking). Return it to the pot and toss through some oil.

3. TOSS THE SALAD & FRY THE GNOCCHI Place the rinsed green leaves in a bowl with ½ of the chopped almonds and a drizzle of olive oil. Toss together with some lemon juice and zest to taste. Season and set aside for serving. Return the pan to a medium-high heat with a small drizzle of oil and a knob of butter. When hot, fry the gnocchi in a single layer for 2-4 minutes until crisp, shifting as they colour. Remove from the pan on completion, cover to keep warm, and set aside.

4. CREAMY & UMAMI Return the pan to a high heat with another drizzle of oil and knob of butter. When hot, fry the quartered mushrooms for 3-5 minutes until soft and golden, shifting as they colour. On completion, pour in the pasta water and use to deglaze the pan. Lower the heat and stir through the crème fraîche until combined. Allow to simmer for 2-3 minutes until slightly thickened, stirring occasionally.

5. FINISH UP When the mushroom sauce has 1 minute remaining, mix in the umami sauce to taste and ½ of the grated cheese. Remove from the heat and stir through the gnocchi until coated. If the sauce is too thick, loosen with a small splash of water. Season to taste.

6. WHAT A FEAST! Dish up spoonfuls of creamy mushroom gnocchi, and scatter over the chopped pickled peppers and chopped chives. Sprinkle with the remaining grated cheese, almonds, and zest. Serve the salad on the side and finish it all off with a squeeze of lemon. Yum!



Chef's Tip

Deglazing is a cooking technique for lifting browned food residue from the base of a pan by adding in liquid and stirring it into the residue using a cooking utensil. This mixture is then used to add flavour sauces, soups, and gravies.

Nutritional Information

Per 100g

Energy	611kJ
Energy	146Kcal
Protein	6.8g
Carbs	12g
of which sugars	3.3g
Fibre	2.7g
Fat	7.9g
of which saturated	4.3g
Sodium	1026mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts, Soy

Cook
within 3
Days