

AMADUMBE GNOCCHI

Serves 4

WITH FILLET & CHARRED VEGETABLES

INGREDIENTS

800g amadumbe (taro roots), unpeeled, cut into cubes
salt and pepper to taste
300g flour (and some extra to dust the gnocchi)
1 egg
4 x 250–300g beef fillets
olive oil
½ teaspoon wholegrain mustard
1–2 sprigs of thyme and rosemary
4 miniature corn on the cob
4 small carrots
2 red bell peppers
basil leaves to garnish
sea salt

For the cheese sauce

50g butter
1 clove garlic (chopped into a paste)
50g flour
750ml milk
¼ teaspoon nutmeg
salt and pepper to taste
20g Gorgonzola cheese

METHOD

1. In a large pot, boil the amadumbe in salted water to cover until soft (15–20 minutes). Drain, peel and mash while still warm, then squeeze through a sieve.
2. On a floured countertop, mix amadumbe, salt and pepper and flour, forming a mound. Make a well in the centre and crack the egg into it. Use a fork to combine, then use your fingertips to bring it all together to form a dough. Avoid adding too much flour and over-kneading. Shape into a wide rectangle about 25cm long. Cut lengthwise into 10 pieces. Roll each long piece into 2,5cm sections using a sharp knife or pastry cutter to smooth out the roll. Put in a cool dry area for at least 4–5 hours, preferably overnight. Depending on the humidity levels where you live, you may need to turn the gnocchi to ensure they dry on both sides.
3. Preheat the oven to 200 °C.
4. Make a rub for the fillets by combining the olive oil, mustard and seasoning to taste. Rub all over the fillets and set aside.
5. To make the sauce, melt the butter over low heat in a medium-sized thick-based saucepan. Add the garlic, then slowly whisk in the flour until the roux has a cookie smell. Slowly whisk in the milk while cooking. Season with nutmeg, salt and pepper. Add the Gorgonzola cheese and cook for a further 5 minutes.
6. Gently shake any excess flour off the gnocchi. Cook the gnocchi in a large pot of salted boiling water for 2–4 minutes. They will float to the top when ready. Remove with a slotted spoon and toss in a large saucepan with the sauce for 2 minutes.
7. Sear the meat in a very hot pan, browning all sides, then place on an oven tray. Reduce the oven temperature to 180 °C and bake the fillet to preferred state of readiness (rare 2½ minutes per side, medium-rare 3–4 minutes per side, medium 3½–5 minutes per side).
8. Sprinkle sea salt over the mealies, carrots and bell peppers. Place on the griddle and turn gently with tongs as they cook. Remove once lightly charred, not burned!
9. Plate the vegetables, slice and stack the fillet onto the vegetables, and smother liberally with gnocchi and cheese sauce.