



Winter Veggie Gnocchi & Mushrooms

Serves 6-8

The Sauce Base

Ingredients:

- ½ a fresh butternut squash
- ½ a roasted spaghetti squash (seeded & roasted)
- olive oil (as needed)
- 6 cloves garlic (finely minced)
- 1 cup sliced button mushrooms
- 1 cup sliced portobello mushrooms
- 1 pack pre-made gnocchi
- 1+ cup of unsweetened coconut milk
- 2 cups veggie broth
- 1 tsp fresh thyme (chopped)
- 1 tbsp fresh parsley
- ¼ cup ap flour
- seasonings- salt, pepper, garlic powder, cumin & onion powder, smoked paprika & a pinch of nutmeg (to taste)
- Tools- aluminum foil, a cutting board, a knife, a large pot, a sheet pan, a large skillet, a colander & a rubber spatula

Veggie Prep:

- Wash of the veggies
- Bring a large pot of water to a boil & add a pinch of sea salt
- Boil the premade gnocchi until about halfway done
- Drain the gnocchi, toss in olive oil & lightly season (set aside)
- Cut the spaghetti squash in half, season it with the spices & drizzle it with oil. Place it open side down, cover it with foil & bake it in the oven for about an hour. The inside will become tender. Turn it right side up & set it aside.
- Peel & dice the butternut squash into about ¼ inch cubes.
- Clean & slice the mushrooms
- Chop the herbs & set them aside.
- Assemble the spice mix.

Recipe: Chef Chana Israel Hs. of Officer Rosh
Culinary Recipes

Edits: Tehila Israel LA Camp

Final approvals: Chef Chana Israel Hs. of Officer Rosh
Yoshabel Israel Hs. of Officer Jonah



The Sauce

- Heat olive oil in a pot. Season & sauté the butternut squash with the onions & garlic until tender.
- Add about 3 tbsp of oil to the pot & add the flour. Cook the mix for about 1 minute to form a roux.
- Add the coconut milk & broth. Keep the heat on low until the mixture is incorporated.
- Add in the thyme & cook the mix until it becomes saucy & the squash is tender. For a thicker sauce, puree it slightly using an immersion blender or by pulsing a bit of the mix in the blender. Careful, as hot liquids expand.
- Taste & adjust the spice levels of the sauce.
- Add in the partially cooked gnocchi & the spaghetti squash. Allow it to cook on low for another 2-3 minutes.

The Finishing Touch

- Using a large skillet, sauté the mushroom blend.
- Season it to taste with the spice mix & a bit of the fresh thyme
- Plate the dish by serving up a hearty portion of the winter squash gnocchi. Remember to top it with the mushroom mix.
- Garnish the dish with the remaining herbs & serve it with cooked green veggies (like asparagus or wilted tender greens). Enjoy!



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