

Heligan have provided us with 2 beautiful ingredients in the pink fur potatoes and the classic runner bean.



Ingredients

Gnocchi
500g Heligan pink fur potatoes
100g type 'oo' pasta flour
2 egg yolks
80g finely grated vegetarian parmesan
(We use Old Winchester)
A handful of chopped herbs

Remaining ingredients

2 Nectarine
25 Heligan runner beans
(sliced very finely and blanched)
Old Winchester cheese
Toasted Hazelnuts (toasted)
Nasturtium flowers
Nasturtium Leaves
Greek style yogurt
Rapeseed oil

Sour Grape puree

15 star Anise
2 tbsp fennel seeds
300g water
150ml lemon juice
50 ml lime juice
100g sugar
2 sprigs thyme
4 sprigs tarragon
4 bunches grapes
Red wine vinegar to taste

Runner bean puree

300g washed, cleaned and sliced
Heligan runner beans
150g washed and cooked baby
leaf spinach
A little butter and some water

Making the Gnocchi.

It is important to note that when making gnocchi, you must keep the potatoes warm, if they go cold, then the mixture will not incorporate together very well and cause an overworking of the starches in the potatoes, causing a very dense, and starchy mixture. Before starting, take a fairly wide pan and fill it with water and put it on to boil. Take the pink fur potatoes and poach them, do not boil them, until they are cooked. Remove from the water with a slotted spoon, and peel the skins off using a spoon. Then pass the peel potatoes through a drum sieve or a potato ricer, straight into a large mixing bowl.

Next add all the remaining ingredients to the potato and a good sprinkling of salt. Then with your hand in the shape of a claw, gently mix the ingredients together, being careful not to work the mixture too hard, you will find that not every last bit mixes together, but that's ok, it will come together by the end of the process.

Tip the mixture out onto a floured surface, and then cover in some Clingfilm. Flour some more of the surface a take a little of the gnocchi mixture, and roll it out into a sausage shape, it wants to be the thickness of a medium sized carrot.

Next, using a knife, cut the gnocchi into little pillows, roughly an inch in length, and place them to the side onto a sheet of greaseproof paper on a tray. Repeat the process until all of the mixture is rolled and cut.

Reduce the heat of the water, it mustn't be boiling, but wants to be as close as possible. Gnocchi needs to be poached, not boiled.

Place the gnocchi into the water. It will sink to the bottom, which is a good sign. Gently and very carefully agitate the water to keep it moving, this will prevent any risk of the gnocchi sticking to the bottom. After a couple of minutes they should begin popping up to the surface and floating. This is when you know they are ready. Using a slotted spoon gently remove them and place them on to a tray with a little rapeseed oil on it.

Repeat the process with all the remaining gnocchi, then transfer to the fridge to cool down.

Sour Grape Puree.

Take all of the ingredients except the grapes and place in a pan and bring to the boil. Leave to one side once it's been boiled to infuse. Strain off the liquid and pour it into a pan, discard of all of the solids from the infusion. Place the grapes in the pan with the liquid and cook gently on a stove until the liquid begins to turn a little syrupy. Then blend everything together, and check for seasoning.

Runner bean puree.

In a pan of boiling water cook off the runner beans, remove them from the water and then cook the spinach off in the same water. Plunge the beans and spinach into ice water, this helps to keep their lovely green colour.

Then squeeze out any excess water and place them into a blender. Add some butter and water and a little salt, and blend to a smooth puree.

To Plate.

The trick to this dish is to keep it looking very natural, after all it is a dish to celebrate what Heligan provide and do with vegetables.

Take a plate, and swipe some natural yogurt around the centre of the plate.

Take around 10 gnocchi and drop them into a deep fat fryer and cook until they are golden brown. Drain off and season them, then place them randomly around the plate.

Place a few dots of the runner bean puree randomly around the plate between the gnocchi. Next take some of the very thinly sliced runner beans, and warm them up in a little butter and seasoning, then sprinkle them with some chopped herbs. Take this and array over the top of the gnocchi.

Next sprinkle on some crushed hazelnuts, and grate some old Winchester cheese over it all. Then drizzle with some rapeseed oil.

Finally add the nasturtium flowers and leaves. You should add plenty of these as they add seasoning through their lovely natural pepperness, and a real freshness to the dish.