Soft kūmara gnocchi with ricotta

NZBR-018 · Week 4 / Wednesday · Source page 20

Yield: 10 starter bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

510 g peeled kūmara

135 g plain flour plus up to 20 g for shaping

1 egg

180 g plain ricotta

90 mL pasteurised milk



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam kūmara until soft and mash. Cool, then mix with egg and plain flour just until a soft dough forms. Roll ropes and cut into small pieces. Simmer in batches until they float and the centres are cooked and soft. Whisk ricotta and milk over gentle heat. Coat gnocchi and cut or mash pieces into a manageable texture.

ALLERGEN CHECK

Wheat (gluten), egg, milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-018/

AARTI REVIEW DRAFT